ELIZABETH
Late Countess of Kent.

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A

CHOICE MANUAL,

OR,

RARE and SELECT

SECRETS

IN

PHYSICK

AND

CHIRURGERY.

Collected, and practised by the Right Honourable, the *COUNTESSE* of *KENT*, Late DECEASED.

Whereto are added several Experiments of the Vertues of Gascon-powder, and *Lapis solaris Paracelsi*, by a Professor of Physick.

As also most exquisite waves of Preserving, Conserving, Candying, &c.

The Eleventh Edition with Additions.

LONDON,

Printed by *Gartrude Dawson*, and are to be sold by *Will. Shears*. 1659.

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TO THE READER.

Courteous Reader,

WEll remembring that we are all born for the Weal publick good: I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled *A Choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of profit, I shall be superlatively glad; but if any, or perchance many unlooked for mistakes, for want of a due application bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withall, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure: For which just and but reasonable favour, thou shalt deservedly oblige me, *Thine*

A

CHOICE MANUAL,

OR,

RARE and SELECT

SECRETS IN PHYSICK.

By the Right Honourable, the *COUNTESSE* of *KENT*.

A very good Medicine for a Consumption, and Cough of the Lungs.

TAke a pound of the best Honey you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two penniworth of flower

of Brimstone, and two penni-worth of pouder of Elecampana, and two penniworth of the flower of Liquorice, and two penniworth of red Rose-water, and so stir them together, till they be all compounded together, and put it into a gally-pot, and when you use it, take a Liquorice stick beaten at one end, and take up with it as much almost as half a Walnut, at night when you go to bed, and in the morning fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sir John Digbies *Medicine for the Stone in the Kidneys.*

Take a pound of the finest Honey, and take seven quarts of Conduit water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise, scum it,

it, and put in twenty whole Cloves, and let them ſeeth ſoftly for the ſpace of half an hour, and ſo bottle it up for your uſe, and drink it morning and evening, and at your meat, and uſe no other drink untill you are well.

A Medicine for the Falling-Sickneſs.

Take a penny weight of the pouder of Gold, ſix penny weight of Pearl, ſix-penny weight of Amber, ſix-penny weight of Corral, eight grains of Bezar, half an ounce of Piony ſeeds: alſo you muſt put ſome pouder of a dead mans skull, that hath been an Anatomy, for a woman, and the pouder of a woman for a man, compound all theſe together; and take as much of the pouder of all theſe as will lie upon a two pence for nine mornings together in Endive-water, and drink a

good draught of Endive-water after it.

For Cordials and Reſtoratives uſe theſe things following.

In any faintneſs, take three drops of Oil of Cinnamon, mixed with a ſpoonful of ſyrup of Gilliflowers, and as much Cinnamon-water; drink this for a Cordial.

Againſt Melancholly.

Take one ſpoonful of Gilliflowers, the weight of ſeven Barly-corns of Bever-ſtone, bruiſe it as fine as flower, and ſo put it into two ſpoonfuls of ſyrup of Gilliflowers, and take it four hours after Supper, or elſe four hours after Dinner, this will chear the heart.

If

If you be sick after meat, use this.

Take of the best green Ginger is preserved in Sirrup, shred it in small pieces, put it into a gally pot, and put Cinnamon-water to it, then after dinner or supper eat the quantity of two Nutmegs upon a Knifes point.

Aqua Mirabilis.

Take three pints of white Wine, one pint of *Aqua vitæ*, one pint of juice of Celendine, one drachm of Cardamar, a drachm of Melilot-flowers, Cubebs a drachm, of Galingal, Nutmeg, Mace, Ginger, and Cloves, of each a drachm; mingle all these together over night, the next morning set them a stilling in a glass Limbeck.

The Vertues.

This water dissolveth swelling of

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The Vertues.

This water dissolveth swelling of

the Lungs, and being perfined doth help and comfort them, it ſuffereth not the blood to putrifie, he ſhall not need to be let blood that uſeth this water, it ſuffereth not the heart-burning, nor Melancholly or Flegm to have dominion, it expelleth Urine, and profiteth the ſtomack, it preſerveth a good colour, the viſage, memory, and youth, it deſtroyeth the Palſie.

Take ſome three ſpoonfuls of it once or twice a week, or oftner, morning and evening, firſt and laſt.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more,

and

and mingle all the ſaid Spices, being beaten into a pouder with the juice, with a pint of good *Aqua vitæ*, and three pints of good white Wine. and put all theſe together into a pot, and let it ſtand all night being cloſe ſtopt, and in the morning ſtill it with a ſoft fire as can be, the ſtill being cloſe paſted, and a cold Stil.

A Meaïcine for the Stone in the Kidneys.

Take a good handful of Pellitory of the wall, a handful of Mead, Parſley, Saxifrage, a handful of wild Thyme, a handful of Garden Parſley, three ſpoonfuls of Fennel-ſeeds, ſix Horſe Raddiſh-Roots ſliced, then ſhred all theſe together, put them in a gallon of new Milk, and let them ſtand and ſteep in a cloſe pot one whole night, and then ſtill them, Milk and all together,

this

this muſt be done in *May* or *June*, for then hearbs are in their beſt ſtate; and when it is taken you muſt put two or three ſpoonfuls of this water, as much white Wine as Reniſh, and if you pleaſe a little Sugar, and ſo take it two dayes before the Change, and two dayes after, and two dayes before the Full, and two dayes after, continuing taking the ſame all the year, and the Patient undoubtedly ſhall find great eaſe, and void many ſtones, and much gravel, with little pain.

To make Horſe-Raddiſh drink.

Take half a pound of Horſe-Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin croſs waies on the Root, then put them into ſix quarts of ſmal Ale, ſuch as is ready for drinking, which being put into a pipkin cloſe covered, ſet on the Em-

Embers, keeping it little more than blood warm for twelve hours, then take it off the fire, and let it ſtand to cool until the next morning, then pour the clear Liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning, faſting two hours after, and the like quantity at Four in the Afternoon, this drink is excellent good againſt Winds, as alſo for the Scouring and Dropſie, being taken in time.

An excellent Sirrup againſt Melancholly.

Take four quarts of the juice of Pearmains, and twice as much of the juice of Buglois and Borrage, if they be to be gotten, a drachm of the beſt Engliſh Saffron, bruiſe it, and put it into the juice, then take two drachms of *Kermes* ſmal beaten to pouder, mix it alſo with the juice, ſo

being mixt, put them into an earthen veſſel, covered or ſtopt forty eight hours, then ſtrain it, and allow a pound of Sugar to every quart of juice, and ſo boil it to the ordinary height of a Sirrup, after it is boiled, take one drachm of the ſpices of Diamber, and two drachms of the ſpices of *Diamargariton frigidum*, and ſo ſew the ſame ſlenderly in a Linnen bag, that you may put the ſame eaſily into the bottle of ſirrup, and ſo let it hang with a thread out at the mouth of the bottle; the ſpices muſt be put into the ſirrup in the bag, ſo ſoon as the ſirrup is off the fire, whilſt it is hot, then afterwards put it into the bottle, and there let it hang: put but a ſpoonful or two of Honey amongſt it while it is boiling, and it will make the ſcum riſe, and the ſirrup very clear.

You muſt add to it the quantity of a quarter of a pint of the juyce of Balm.

An

An excellent Receit for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Triacle, beaten together in a Mortar, and with a little *Carduus*, or ſome ſuch water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut; it is good to cure a Feaver, Plague, and any Infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in ſmal ſpirit of Wine, when the tincture is fully taken out, pour it off from the flowers, and vapour it away till it come to a Conſiſtence as thick as an Electuary.

For

For a bruiſe or ſtich under the Ribs.

Take five or ſix handfuls of Cabbage, ſtamp it, and ſtrain it, after it is boiled in a quart of fair water, then ſweeten it with Sugar, and drink it off in a Wine glaſs in the morning, and at 4. in the afternoon, for five or ſix dayes together, then take a Cabbage-leaf, and between two diſhes ſtew it, being wet firſt in Canary-wine, and that lay hot to your ſide evening and morning.

An excellent Receit for an Itch, or any foul Scabs.

Take Fox-gloves, and boil a handful of them in poſſet drink, and drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places

ces that are sore with the Water.

A Receit good for the Liver.

Take Turpentine, slice it thin, and lay it on a Silver or Purslane Plate, twice or thrice in the Oven with the Bread, till it be dry, and so make it into pouder, every day take as much as will lye on a six-pence in an Egg.

For Flegm, and stopping in the Throat and Stomack. D. T.

Take Oil of Almonds, Linseed Oil, buds of Orange flowers, boil all these in Milk, and annoint the stomack well with it, and lay a scarlet cloth next to it.

For an extream Cold, and a Cough.

Take of Hysop-water six ounces, of

of red Poppy-water four ounces, ſix Dates, ten Figs, and ſlice them ſmal, a handful of Raiſins of the Sun, the weight of a ſhilling of the pouder of Liquorice; put theſe into the aforeſaid waters, and let them ſtand five or ſix hours upon warm embers cloſe covered, and not boil, then ſtrain forth the water, and put into it as much Sugar of Roſes as will ſweeten it: drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To Diſtill Triacle-water.

Take one ounce of Harts-horn ſhaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the Roots of Elecampane, Centian, Cipreſſe, Turmentil, and of Citron rinds, of each one ounce, Borrage, Bugloſſe, Roſemary flours, of each two ounces; then take a

pound

pound of the beſt old Triacle, and diſſolve it in ſix pints of white wine, and three pints of Roſe-water, ſo infuſe all together, and diſtil it.

It is good to reſtore Spirits, and ſpeech, and good againſt ſwouning, Faintneſs, Agues, and Worms, and the ſmal Pox.

Triacle-water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of ſpirits of Wine, ſet it in horſedung four or five dayes, then ſtill it in aſhes, or ſand twice over; after take the bottom which is left in the Still, and put to it a pint of ſpirit of Wine, and ſet it in the dung till the tincture be clean out of it, and ſtrain the clear tincture out of it, and ſet it on the fire, till it become to be a thick conſiſtence, it muſt be kept with a ſoft fire. And ſo the like with Saffron.

To take away Hoarſneſs.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy; and ſo roaſt it in the embers, and eat it with butter.

To take away the Head ach.

Take the beſt Sallade Oil, and the glaſs half full with tops of Poppy-flowers which groweth in the Corn; ſet this in the Sun a Fortnight, and ſo keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade Oil, *Aqua vitæ*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the ſoles of your feet with it.

To make Jelley of Harts-Horn.

Take a quart of running water, and three ounces of Harts-horne ſcraped very fine, then put it into a ſtone Jug, and ſet the Jug in a Kettle of water over the fire, and let it boil two or three hours until it Jelly, then put it into 3 or 4 ſpoonfuls of Roſe-water, or white Wine, then ſtrain it: you may put into it Muſk, or Ambergriece, and ſeaſon it as you pleaſe.

To make a Gliſter.

Take half a quart of new Milk, or three quarters, ſet it on the fire, and make it ſcalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party blood-warm.

Another

Another.

Take the bone of a neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed, then put in the Roots of Fennel and Parsley clean washed and scraped, of either of them, the roots bruised, a handful, of Cammomil and Mallows a handful, let all these boil together til half be wasted, then strain it; take three quarters of a pint of this broth, brown Sugar-candy two ounces, of Oil of Flax-seed two ounces; mingle all these together, and take it for a Glister blood-warm, when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to chear the Heart.

Take one ounce of Conserve of Gilliflowers, 4 grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following; *viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one spoonful of Cinnamon-water, and one spoonful of the sirrup of Gilliflowers, Ambergriece; mix all these together, and drink them in the morning, Fasting 3 or 4 hours: this is most comfortable.

A Cordial for Wind in the stomack, or any part.

Take six or eight spoonfuls of Penniroyal-water, put into it four drops

drops of Oil of Cinnamon, ſo drink it any time of the day, ſo you faſt two hours after.

Reſtoratives.

Take a well-fleſht Capon from the Barn door, and pluck out his Intrals, then waſh it within with a little white Wine, then fley off all the skin, and take out his bones, and take the fleſh, only cut it in little pieces, and put it into a little Stone bottle, and put to it one ounce of white Sugar-candy, ſix Dates ſlit, with the ſtones and puths taken out, one large Mace, then ſtop the bottle up faſt, and ſet it in a Chafer of water, and let it boil three hours; then take it out, and pour the juice from the meat, and put to it one ſpoonful of red Roſe-water, and take the better part for your breakfaſt 4. hours before dinner, and the other part at three

three a clock in the afternoon, being blood-warm.

Another Reſtorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle with a new laid Egg; put in half a Nutmeg cut in two pieces, then take it off the fire, and put in ſeven grains of Ambergriece; drink this for two Breakfaſts, for it will encreaſe blood and ſtrength.

Another Reſtorative.

Take two new-laid Egs, and take the whites clean from them, and put the yolks both in one ſhell; then put in two ſpoonfuls of Claret wine, ſeven grains of Ambergriece ſmall bruiſed, and a little Sugar-candy; ſtir all theſe together, and make them blood-warm, and ſup them up for

a breakfaſt three or four hours before Dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the skin and the Fat, take the fleſh being cut into ſmal pieces, and put it into a Stone bottle, then put to it two ounces of Raiſins of the Sun ſtoned, a large Mace, an ounce and half of Sugar-candy, and ſtop the bottle very cloſe, and let it boil in a Chafer three hours, and ſo put the juice from the meat, and keep it in a clean glaſſe; it will ſerve for three breakfaſts, or if he will he may take ſome at three of the clock in the Afternoon being made warm.

A Reſtoring Broth.

Take two ounces of Chene-roots, firſt ſlit very thin, then put it in a new

new Pipkin with five pints of running water being cloſe covered, and ſo ſet it upon embers all night long, where it may be very hot, but not ſeeth; then put to that water a great Cock Chicken, and when it is clean ſcummed, put into it two ſpoonfuls of French Barly, ſix Dates ſlit, with the piths and ſtones taken out, two ounces of Raiſins of the Sun ſton'd, a large Mace; let all theſe boil together till halt be conſumed, then take out the *Cock*, and beat the fleſh of it in a clean Mortar, and a little of the broth, then ſtrain it all together throughout a hair Cullender, then put in two ſpoonfuls of red Roſe water, and ſweeten it with white ſugar-candy; drink of this Broth, being made warm, half a pint in the morning early Faſting, and ſleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for

for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato-roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a Consumption.

Take three Marrow-bones, break them in pieces, and boil them in a Gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the Fat clean, and put the broth into a pipkin, and put to it a good Cock-chicken, and a Knuckle of Veal, then put

put into it the bottom of a white loaf, a whole Mace, two ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit; let all theſe boil together till half be conſumed, then ſtrain it; inſtead of Almonds take a few Piſtaties kernels and beat them, and ſtrain with your Broths as you do Almond-milk, and ſo ſweeten it with white ſugar, and drink half a pint early in the Morning, and at three a Clock in the Afternoon, and ſo continue a good while together, or elſe it would do you no good.

Another Cordial.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a Breakfaſt, and another in the Afternoon: this is good for the Head and Stomack.

A Cordial for a Breakfaſt faſting.

Eat a good piece of a Pomecitron preſerved, as big as your two fingers in length and bredth, and ſo at three of the Clock in the Afternoon.

A Reſtoring Breakfaſt.

Take the Brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and ſtrain out the juyce with a draught of ſtrong Broth, and take it for a Breakfaſt, or to bedward.

A Medicine for any griping of the Belly.

Take a pint of Claret-wine, put to it a ſpoonful of Parſley-ſeed, and a ſpoonful of ſweet Fennel-ſeed, half a dozen Cloves, a branch of Roſe-mary

mary, a wild Mallow-root clean waſht and ſcrapt, and the pith taken out, with a good piece of Sugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drink a good draught of it in the morning Faſting, and at three a clock in the Afternoon.

To keep the Body Lapintine.

Take half a pint of running Water, put it in a new Pipkin with a cover, then put into the Water two ounces of Manna, and when it is diſſolved, ſtrain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Roſemary; let all theſe ſtew together while they be very tender, then eat a dozen of them with a little of the Liquor an hour before Dinner or Supper, then take a draught of Broth and Dine.

To make the China *Broth for a Consumption.*

Take *China* root thin ſliced two ounces, ſteep it twenty four hours, in eight pints of fair water, letting it ſtand warm all the time, being cloſe covered in an earthen Pipkin, or Iron pot; then put to it a good Cockrel, or two Chickens clean dreſſed, and ſcum it well, then put in five-leaved Graſs two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates ſliced, two or three Mace, and the bottom of a Manchet, let all theſe ſtew together, untill not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones: beat them in a ſtone Mortar, and ſtrain out all the juyce with the Broth; then ſweeten it with two ounces of white Sugar-candy in pouder, and take there-

thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two hours before Supper at your pleaſure; when you ſteep the Root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boil in the Broth.

A gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of four or five pence, of Rubarb, cut it in little pieces, and take a ſpoonful or two of good Currans waſht very clean, ſo mingle them together, and ſo eat them, faſt an hour after, and begin

that meal with broth, you may take it an hour before it you will.

Broth for a Conſumption.

Take a courſe Pullet, and ſow up the belly, and an ounce of the Conſerves of red Roſes, of the Conſerves of Borrage and Bugloſs flowers, of each of them half an ounce, Pine Apple-kernels, and Piſtaties, of each half an ounce bruiſed in a Mortar, two drachms of Amber pouder, all mixed together, and put in the belly; then boil it in three quarts of Water, with Egrimony, Endive, and Succory, of each one handful, Sparrow-graſs-roots, Fennel-roots, Caper-roots, and one handful of Raiſins of the Sun ſtoned, when it is almoſt boiled, take out the Pullet, and beat it in a ſtone Mortar; then put it into the liquor again, and give it three or four walms more, then ſtrain it, and

and put to it a little red Roſe-water, and half a pint of white Wine, and ſo drink it in a morning, and ſleep after it.

To prevent miſcarrying.

Take Venice-Turpentine, ſpread it on black brown Paper, the bredth and length of a hand; lay it to the ſmal of her back, then give her to drink a Caudle made of Muskadine, and put into it the husks of twenty three ſweet Almonds dryed, and finely poudered.

For Boiles, or Kibes, or to draw a Sore.

Take ſtrong Ale, and boil it from a pint to four ſpoonfuls, and ſo keep it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pluriſie.

Take three round Balls of Horſe-dung; boil them in a pint of white Wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, and let the Patient go to bed, and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and ſet it on the fire, and when it boils put in a pint of Ale, then take off the Curd and put in nine heads of *Carduus*, let it boil till half be waſted, then to every quarter of a pint, put a good

ſpoon-

ſpoonful of Wheat flower, and a quarter of a ſpoonful of groſs Pepper, and an hour before the Fit, let the Patient drink a quarter of a pint, and be ſure to lye in a ſweat before the Fit.

An excellent Balm for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put it into a pint of Sallade-oil, and ſeeth it on a ſoft fire to ſimper, till the Oil change green; then ſtrain it, and in the cooling put in two ounces of *Venice* Turpentine.

For an Ach.

Take of the beſt Gall, white Wine Vinegar, and *Aqua vitæ*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glaſs or pot, and when you uſe

any of it, warm it againſt the fire, rub ſome of it with your hand on the aking place, and lay a linnen cloath on it; do this mornings and evenings.

To make a Searcloath.

Virgins Wax, *Sperma Ceti*, *Venice* Turpentine, Oil of white Poppy, Oil of Ben, Oil of ſweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handful of Broom, and boil it in a pint of Beer or Ale till it be half conſumed, and drink it for the Wind, and the Stomack, and for the Spleen.

A moſt

A moſt excellent Water for a Conſumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almoſt cold cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into ſuch a Still as you ſtill Roſe-water in, and with a pottle of Sack, a pound of Currans, a pound of Raiſins of the Sun ſtoned, a quarter of a pound of Dates, the ſtones taken out, and the Dates cut ſmall, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimperbal, and two handfuls of Roſemary, two handfuls of Bugloſſe and Borrage-flowers, a pottle of new Milk of a red Cow; ſtill this with a ſoft fire, put into the glaſs that the water doth drop into, half a pound of Sugar-candy

candy beaten very ſmall, one Book of leaf Gold cut ſmall among the Sugar, four grains of Ambergriece, twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink four ſpoonfuls at a time in the morning Faſting, and an hour before ſupper; you muſt ſhake about the glaſs when you drink it.

For a Bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a Mortar, and boil them in a pint of Milk an hour, then ſtrain it very hard, and annoint your breaſt and ſtomack with it every morning and evening, and lay a red cloth upon it.

The Eye-water for the infirmities and Diſeaſes of the Eye.

Take of the diſtilled water of the white

white wild Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eye-bright, and Rue, of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverize all theſe Ingredients each by themſelves, ſaving that you muſt bruiſe the Camphire with your Sugar-candy, for ſo it breaks beſt; then mix all the powders together in a paper, put them in a ſtrong glaſs, pour the diſtilled waters upon them, and three pints of the beſt French white Wine that can be had, ſhake it every day three or four times long together for a moneth, and then you may uſe it: remember to keep it very cloſe ſtopt. This is *verbatim* as it was had from the Lord *Kelly*.

A Me-

A Medicine very good for the Dropſie, or the Scurvy, and to clear the Blood.

Take four gallons of Ale drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you muſt put in of Brook-lime, of Water-creſſes, of Water-mints with red ſtalks, of each four handfuls, half a peck of Scurvy-graſs, let all theſe be clean picked, and waſhed, and dryed with a cloth, and ſhred with a Knife, and then put into a bag, then put in the Ale and ſtop it cloſe, ſo that it have no vent, ſtop it with Rie paſte; the beſt Scurvy-graſs groweth by the water ſide, it muſt be ſeven dayes after the things be in before you drink it. Take two quarts of Water, and put in four ounces of *Guiacum*, two ounces of Sarſaparilla, one ounce of Saxifrage, put it into

to a pipkin, and infuse it upon the embers for twelve hours, and then strain it, and put it into the Ale as soon as it hath done working, this being added makes the more Caudle.

For sore Eyes.

Take half a pint of red Rose-water, put therein four penniworth of Aloe succatrina, as much *Bole armoniack* in quantity, let this lye four and twenty hours in steep, then wash your eye with it evenings and mornings with a Feather, and it will help them.

A Sirrup to strengthen the Stomack, and the Brain, and to make a sweet Breath.

Take Rinds while they be new one pound, of running water the value of five Wine pints, then seeth it unto

unto three pints, then ſtrain it, and with one pound of Sugar, ſeeth it to a Sirrup, and when you take it from the fire, put to it four grains of Musk.

For the burning in the Back.

Take the juyce of Plantain, and Womans Milk, being of a Woman Child, put thereto a ſpoonful of Roſe-water, and wet a fine cloth in the ſame, and ſo lay it to your back where the heat is.

A very good Medicine to ſtay the Vomiting.

Take of Spare-mints, Worm-wood, and red Roſe-leaves dryed, of each half a handful, of Rye-bread grated a good handful, boil all theſe in red Roſe-water and Vinegar, till they be ſomewhat tender, then put it into

into a linnen cloth, and lay it to the ſtomack as hot as you can endure it, heating it two or three times a day with ſuch as it was boiled in.

For weakneſs in the Back.

Take Nip, and Clary, and the Marrow of an Ox-back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them all together, then fry them; uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard or Muskadine.

To make a Cap for the pain and coldneſs of the Head.

Take of Storix and Benjamine, of both ſome twelve penniworth, and bruiſe it, then quilt it in a brown paper, and wear it behind on your head.

To

To make pectoral Rouls for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of ſearced Liquorice, two grains of Musk, and the weight of two pence of the ſirrup of Liquorice, and ſo beat it up to a perfect paſte, with a little ſirrup of Horehound, and a little Gum-dragon being ſteeped in Roſe-water, then roul them in ſmall Rouls and dry them, and ſo you may keep them all the year.

For the running of the Reins.

Take the pith of an Ox that goeth down the back, a pint of red Wine, and ſtrain them together through a cloth, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergriece

drink

drink this first and last daily.

For Sun-burn.

Take the juyce of a Lemon, and a little Bay Salt, and wash your hands with it, and let them dry of themselves, wash them again, and you shall find all the spots and stains gone.

For a Pin, and Web, and redness in the Eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruised, put all these in a glass, and set them in the Sun one week, and shake the Glass every day; then take it out of the Sun, and use it as you shall need.

A spe-

A ſpecial Medicine to preſerve the Sight.

Take of brown Fennel, Honey-ſuckles of the hedg, of wild Daiſies roots picked, and waſhed, and dried, of Pearl-wort, of Eyebright, of red Roſes, the white clipped away, of each of theſe a handful dry gathered, then ſteep all theſe hearbs in a quart or three pints of the beſt white-Wine in an earthen pot, and ſo let it lye in ſteep two or three daies cloſe covered, ſtirring it three times a day, and ſo ſtill it with a gentle fire, making two diſtillings, and ſo keep it for your uſe.

A proved Medicine for the yellow Jaundice.

Take a pint of Muskadine, a pretty quantity of the inner bark of a Bar-

Barberry-tree, three spoonfuls of the greeneſt Gooſe-dung you can get, and take away all the white ſpots of it, lay them in ſteep all night, on the morrow ſtrain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beaten, and give it to drink in the morning.

To make Pectoral Rouls.

Take one pound of fine Sugar, of Liquorice, and Anniſe-ſeeds two ſpoonfuls, Elecampane one ſpoonful, of Amber, and Corral, of each a quarter of a ſpoonful, all this muſt be very finely beaten and ſearced, and then the quantity that is ſet down muſt be taken; mix all theſe pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk: then take a brazen Mortar very well ſcoured, and a ſpoonful or two of the Pouders,

ders, and drop ſome of the Egg to it, ſo beat them to a paſte, then make them in little rouls, and lay them on a place to dry.

A Plaiſter for a ſore Breaſt.

Take crums of white-bread, the tops of Mint chopped ſmall, and boil them in ſtrong Ale, and make it like a Poulteſs, and when it is almoſt boiled, put in the pouder of Ginger, and Oil of Thyme, ſo ſpread it upon a cloth, it will both draw and heal.

A Medicine for the dead Palſie, and for them that have loſt their ſpeech.

Take Borrage leaves, Marigold-leaves, or flowers, of each a good handful, boil it in a good Ale Poſſet, the Patient muſt drink a good draught of it in the morning, and ſweat; if it be in the arms or leggs, they

they must be chafed for an hour or two when they be grieved, and at meals they must drink of no other drink till their speech come to them again, and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the flowers of Cammomil, and Rose-leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a Stinking Breath.

Take a good quantity of Rosemary leaves and flowers, and boil them

them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder being put thereto, let the Patient uſe to waſh his mouth very often therewith, and this will preſently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and ſet them on the fire in fair ſpring water, and when it boileth ſcum it well, ſo done, put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel-root, and a Parſley-root, and let them boil; if the party be grieved with heat or cold in the Stomack, if heat, put in a handful of Barley boiled before in two waters, and ſome Violet-leaves, Sorrel, Succory, and a little Egrimony; if cold, put in Roſemary, Thyme, a Lilly, Marigold-leaves, Borrage,

and

and Bugloss, and boil this from four pints to less than one.

A Receit for Purging. D. T.

Take the leaves of new Sene, six ounces, of chosen Rubarb one ounce and half, leaves of Sage, and Dock-roots, of each an ounce, of Barberries half an ounce, Cinnamon, and Nutmeg, of each an ounce, Anniseseeds, and Fennel-seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a grosse pouder, and hang them in a linnen bag in six gallons of new Ale, so drink it fasting in the morning, and at night.

To comfort the stomack, and help Windiness and Rheum.

Take of Ginger one penniworth,

Cloves four penniworth, Mace seven penniworth, Nutmeg four penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each two drachms, of Fennel-seeds, Dill-seed, and Carraway-seed, of each one ounce, of Liquorice and Anniſe-seeds, of each one ounce, all beaten into fine pouder, one pound and a half of fine beaten Sugar, which muſt be ſet on a ſoft fire, and being diſſolved, the pouders being well mixed therewith till it be ſtiffe, then put thereunto half a pint of red Roſe-water, and mix them well together, and put it into a gally pot, and take thereof firſt in the morning, and laſt in the evenings, as much as a good Haſel-Nut, with a ſpoonful or two of red Wine.

To

To make a Callise for a weak Perſon.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the fire, and when they boil and are well ſcummed, caſt in a large Mace, and the pieces of the bottom of a Manchet, and half a handful of French Barly boyled in three waters before, and put it to the Broth, and take ſuch hearbs as the party requireth, and put them in when the Broth hath boiled half an hour, ſo boil it from three and a half to one; then caſt it through a ſtrainer, and ſcum off all the Fat, ſo let it cool, then take twenty good Jordan Almonds, or more if they be ſmall, and grind them in a Mortar with ſome of the Broth, or if you think your broth too ſtrong, grind them with ſome fair water; and ſtrain them with the

Broth; then ſet it upon a few coals, and ſeaſon it with ſome Sugar, not too much, and when it is almoſt boiled, take out the thickeſt, and beat it all to peeces in the Mortar, and put it in again, and it will do well, ſo there be not too much of the others fleſh.

For the Gout.

Take ſix drachms of Cariaco-ſtine Faſting in the morning, and faſt two hours after it, you may roul it up in a Wafer, and take it as Pils, or in Sack, as you conceive is moſt agreeable for the Stomack; this proportion is ſufficient for a Woman, and eight drachms for a Man, and take it every ſecond day, untill you find remedy for it, it is a gentle Purge that works only upon Winds and Water.

The Poulteſs for the Gout.

Take a penny-loaf of white bread, and ſlice it, and put it in fair water, two Eggs beaten together, a handful of red Roſe-leaves, two penniworth of Saffron dryed to pouder, then take the Bread out of the Water, and boil it in a quantity of good Milk, with the reſt of the Ingredients, and apply it to the place grieved, as warm as you can well endure.

For them that cannot Hear.

Put into their Ears good dryed Suet.

A Soveraign Water good for many Cures, and the health of Bodies.

Take a Gallon of good *Gaſcoigne* Wine, White, or Claret, then take Ginger, Galingal, Cardomon, Cinnamon,

namon, Nutmegs, Grains, Cloves, Anniſe-ſeeds, Fennel-ſeeds, Carraway-ſeeds, of each of them three drachms; then take Sage, Mints, red Roſe-leaves, Thyme, Pellitory, Roſemary, wild Thyme, wild Majoram, Organy, Penni-mountain, Penniroyal, Cammomil, Lavendar, Avens, of each of them a handful, then beat the Spices ſmal, and the Hearbs, and put all into the Wine, and let it ſtand for the ſpace of twelve hours, ſtirring it divers times: then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt; then will there come a ſecond water, which is good, but not ſo good as the firſt: the Virtues of this Water be theſe. It comforteth the Spirit vital, and preſerveth greatly the Spirit vital, and preſerveth the youth of man, and helpeth all inward Diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of ſinews,

news, and helpeth the Conception of the Barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the ſtomack very much, it cureth the cold Dropſie, it breaketh the Stone in the Back, and in the reins of the Back, it cureth the Canker, it helpeth ſhortly the ſtinking Breath, and whoſoever uſeth this Water oft, it preſerveth them in good liking; this water will be better if it ſtand in the Sun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as far as it will run, until the whole Gallon of Wine and Hearbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you do draw above a pint of the beſt water, you muſt have all things more as is aforeſaid.

To ſtanch the bleeding of a Wound.

Take a Hounds-turd, and lay it on a hot coal, and bind it thereto, and that ſhall ſtanch bleeding; or elſe bruiſe a long worm, and make pouder of it, and caſt it on the wound; or take the ear of a Hare, and make pouder thereof, and caſt that on the Wound, and that will ſtanch bleeding.

For ſpitting of Blood after a Fall or Bruiſe.

Take Bittany, Vervain, Noſe-bleed, and five-leaved Graſs, of each a like, and ſtamp them in a Mortar, and wring out the juyce of them, and put to the juice as much Goats milk, and let them ſeeth together, and let him that is hurt drink of it ſeven dayes together, till the waxing of the Moon; and let him drink alſo Of-

Oſmory and Cumfrey with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Blood.

Take the juyce of Bettany, and temper that with good Milk, and give the ſick to drink four dayes, and he ſhall be whole.

For to know whether one that hath the Flux ſhall live or dye.

Take a penny-weight of Trefoile-ſeed and give him to drink in Wine or Water, and do this three dayes, and if it ceaſe he ſhall live, with the help of Medicine, if not, he ſhall die.

For to ſtanch the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Mortar, and lay it on the Vein, then take Lambs-

wool that was never washed, and lay that thereon, and that shall stanch bleeding.

For a Vein that is evil smitten.

Take Beans and peel away the lack, and seeth them well in Vinegar, and lay them on the Vein hot, in manner of a Plaister.

For one that Pisseth Blood.

Take and seeth Garlick in water, till the third part be wasted away, let him drink of the water, and he shall be whole.

For a Woman travelling with Child.

Take and give her Tittany to drink in the morning, and she shall be delivered without peril, or else give her Hysop with water that is hot,

hot, and she shall be delivered of the child, although the child be dead and rotten; and anon when she is delivered, give her the same without Wine, or bind the hearb Argentine to her Nostrils, and she shall be soon delivered; or else Polipody, and stamp it, and lay that on the Womans foot in manner of a Plaister, and she shall be delivered quick or dead; or else give her Savory with hot water, and she shall be delivered.

Against Surfeiting and Digesting.

Take the bottom of a wheat-loaf, and toast it at the fire, till it be very brown and hard, and then take a good quantity of *Aqua vitæ*, and put upon the same toasted, and put it in a single Linnen cloth, and lay it at the breast of the Patient all night, and with the help of God he shall recover, and he shall Vomit or Purge soon after.

A Wa-

A water to comfort weak Eyes, and to preserve the sight.

Take a Gallon and a half of old Wheat, fair and clean picked from all manner of soyle, and then still it in an ordinary Still with a soft fire, and the water that comes of it must be put in a Glasse, then take half a pound of white Sugar-candy, and bruise it in a Mortar to pouder, and after three dayes, when the water hath been in a Glasse, then put in the poudered Candy; then take an ounce of *Lapis Tutiæ* prepared, and put it into the Glass to the rest of the stuff, then take an ounce of Camphire, and break it between your fingers small, and put it into the Glass, then stop the glasse close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-Candy as much as a Chesnut, and

and put it into three or four spoonfuls of white Wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Mortar that tastes of no spice, then put it upon a white Paper, and so hold it to the fire that it may be through dry, and then searce it through a little sieve.

For hot Eyes and red.

Take slugs, such as when you touch them will turn like the pummel of swords, a dozen or sixteen, shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfuls of Ale to them, and strain it through a dry cloth, and give it the party morning and evening, first and last.

For Cornes.

Take fair water half a pint, Mercury sublimare a penniworth, Allum as

as much as a Bean, boil all these together in a Glass Still, till a spoonful be wasted, and alwayes warm it when you use it; this water is also good for any Itch, Tetter, Ringworm or Wart.

A Searcloth, for a Sore, or Sprain, or any Swelling.

Take Vervain seven ounces, of *Siros* seven ounces, of Camphire three drachms, of oyl of Roses ten ounces, let the Wax and the Oil boil till the Wax be melted, then put in your *Siros* finely beaten, stirring it on the fire till it look brown; then put in the Camphire finely beaten, and let it boil two or three walmes, and then dip in your cloaths.

A Poultesse for a Swelling.

Take a good handful of Violet leaves, and as much Groundsel, of Chickweed and Mallowes, half a handful, cut all these with a knife, and

and ſo ſeeth them well in Conduit water, and thicken it with Barly meal, being finely ſifted, and ſo roul it ſure, and lay it to the ſwelled place, and ſhift it twice a day.

To make a ſtrong water good for a Canker, or any old Sore, or to eat any lump of fleſh that groweth.

Take of Celendine a handful, of red Sage a handful, and of Woodbine leaves a handful, ſhred all theſe together very ſmall, and ſteep them in a qnart of white Wine, and a pint of water, letting it ſtand all night, and on the morrow ſtraine it, and put therein of Borax, and Camphire, of each nine penniworth, and of Mercury four penniworth, and ſet them on a ſoft fire, boiling ſoftly for the ſpace of an hour, and when you will uſe it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip in it any Cotton.

To heal any bruiſe, Sore, or Swelling.

Take two pound of Wax, and two pound of Roſin, and two pound and a half of butter, and four ſpoonfuls of Flower, and two good ſpoonfuls of Honey; put in your Wax, Roſin, and your Butter all together, boil all theſe together, and clarifie it, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a diſh, and put it in, and let it ſtand till it be cold, and when you will uſe it, you may melt it on a ſoft fire, and put in you cloaths, and make Searcloth, and you may ſpread it Plaiſter-wiſe to heal any wound.

A Medicine for any wound old or new.

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two ounces of ſtone pitch, and two ounces of Roſin, and two ounces of *Venice* Turpentine, and one penniworth

worth of Frankincense, and a handfull of Rosemary tops, and a handful of Tutson leaves, and a handfull of Plantain leaves; these hearbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an hour, or there abouts; this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year; a most excellent Medicin.

A Medicine for a Wen.

Take black Sope, and unquencht Lime, of each a like quanity, beat them very small together, and spead it on a woollen cloth, and lay it on the Wen, and it will consume it away.

For breaking of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

For

For to mundifie, and gently to cleanse Ulcers and breed new fleſh.

Take Roſin eight ounces, *Colophonia* four ounces, *Era & Oliva, ana.* one pound, *Adypis ovyni, Gum Amoniaci Opoponaci, ana.* one ounce, fine *Eruginis æris*; boil your Wax, *Colophonia*, and Roſin, with the oil together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Verdigriece*, and fine pouder, and uſe it according to Art.

A Fomentation.

Take the liquor wherein Neats-feet have been boiled, with Butter, and new Milk, and uſe in manner of a Fomentation.

For the Falling Sickneſſe, or Convulſions.

Take the dung of a Peacock, make it into pouder, and give ſo much of it

it to the Patient as will lye upon a shilling, in Succory-water fasting.

For a Tetter, proceeding of a salt humor in the Breast and Paps.

Annoint the sore place with Tanners Owse.

For the Bloody-Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal-fire, and let it burn till it look like Chalk, and that it will burn no longer, then pouder it, and give the pouder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of Mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps tallow, shred them and seeth them softly, and put them to a little white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in pouder, and put

put it to, and boil them all together, and ſtill them till it be well relented, and ſpread this Salve upon a mighty Canvas that will over-ſpread the Sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Roſin, Per-roſin, and half a pound of Virgin-wax, Frankincenſe a quarter of a pound, of Maſtick half an ounce, of Sheeps-tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and pouder that that is to pouder, and boil it over the fire, and ſtrain it through a cloth into a pottle of white Wine, and boil it all together, and then let it cool a little, and then put thereto a quartern of Turpentine, and ſtir all well together till it be cold, and keep it well. This Ointment is good for Sores old and new, it ſuffereth no corruption in the Wound, nor no evil fleſh to be gendered

dered in it, and it is good for head-ach, and for all manner of Impoſthumes in the head, and for wind in the brain, and for Impoſthumes in the body, and for boiling ears and cheeks, and for ſauce flegme in the face, and for Sinews that be knit or ſtiff, or ſprung with Travel; it doth draw out a thorn, or iron, in what place ſoever it be, and it is good for the biting or ſtinging of venemous Beaſts; it rotteth and healeth all manner of Botches without, and it is good for a Feſter, and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and ſwelling of many Members, and for all members, and it ceaſeth the Flux of Menſtrua, and of Emeroids, and it is a ſpecial thing to make a fumed cloth to heal all manner of ſores, and it ſearcheth fartheſt inward of any Ointment.

An

An Ointment for all ſorts of Aches.

Take Bettony, Cammomile, Celendine, Roſemary, and Rue, of each of them a handful, waſh the Hearbs, and preſs out the Water, and then chop or ſtamp them very ſmall, and then take freſh Butter unwaſhed and unſalted a quart, and ſeeth it untill half be waſted, and clarified, then ſcum it clean, and put in of Oil Olives one ounce, a piece of Virgins-Wax for to harden the Ointment in the ſummer time, and if you make it in the Winter, put into your Ointment a little quantity of Foot-Senne inſtead of the Virgins-Wax.

An excellent Sirrup to Purge.

Take of *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarſaparilla two ounces, Damask Prunes four ounces, Ginger ſeven drachms, Anniſe-ſeeds one ounce, Cummin-ſeed half an ounce,

Cana-

Carraway-ſeeds half an ounce, Cinnamon ten drachms, *Ariſtolchia rotunda, Peonia*, of each five drachms, Rubarb one ounce, Agarick ſix drachms, Tamarisk two handfuls, boil all theſe in a gallon of fair Water unto a pottle, and when the Liquor is boiled half away, ſtrain it forth, and then put in your Rubarb and Agarick in a clean thin handkercher, and tie it up cloſe, and put into the ſaid Liquor, and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of ſix ſpoonfuls, or more or leſs, as you find it worketh in you.

To make Drink for all kind of Surfeits.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handful of Cowſlip-flowers, Sage-flowers a good handful, and of Roſemary-flowers a handful, ſweet Ma-jo-

joram a little, Pellitory of the wall a little, Bettony, and Balm, of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-ſeed, Anniſe-ſeed, Coriander-ſeed, Carraway-ſeed, Gromwel-ſeed, Juniper-berries, of each a drachm, bruiſe your Spices and Seeds, and put them into your *Aqua*, or *Aqua vitæ*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar; ſtir them together, and put them in a Glaſs, and let it ſtand nine dayes in the Sun, and let it be ſtirred every day; it is to be made in *May*, ſteeped in a wide-mouthed Glaſs, and ſtrained out into a narrow-mouthed Glaſs.

A Medicine for the Reins of the Back.

Take Houſleek, and ſtamp and ſtrain it, then dip a fine linnen cloth into it, and lay it to the Reins of the Back, and that will heal it.

A

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort both leaves and roots, and ſtamp it with old Bores greaſe, and temper it with Honey and Eyſell, and lay it to the back.

For a Stitch.

Take Roſes, and Cammomil, of each a handful, and oyl of Roſes, and oil of Cammomil, of both together a ſaucer full, and a quantity of Barly-flower, boil all theſe together in Milk, and then take a linnen Bag, and put it therein, and lay the Plaiſter as hot as may be ſuffered where the ſtitch is.

To make a Salve for Wounds that be cankered, and do burn.

Take the juyce of Smallage, of Morrel, of Waberd, of each a like, then take the white of Eggs, and mingle them together, and put thereto a little Wheat-flower, and ſtir them together till it be thick, but let

it come near no fire but all cold; let it be laid on raw to the ſore, and it ſhall cleanſe the Wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage, and Daiſies, with freſh Sheeps-tallow, and fry them together, and make thereof a Plaiſter, and lay it to the ſore hot.

For Sinews that are ſhrunk.

Take young Swallows out of the neſt a dozen or ſixteen, and Roſemary, Lavender, and rotten Strawberry-leaves, ſtrings and all, of each a handful, after the quantity of the Swallows, the Feathers, Guts and all, bray them in a Mortar, and fry all them together with *May* Butter, not too much; then put it in an Earthen pot, and ſtop it cloſe nine dayes: then fry it again with *May* Butter, and fry it well, and ſtrain it well, when you ſhall uſe it, chafe it againſt the fire.

A wa-

A Water for the biting of a mad Dogg.

Take Scabios, Matfiline, Yarrough, Nightſhade, wild Sage, the leaves of white Lillies, of each a like quantity, and ſtill them in a common Still, and give the quantity of three or four ſpoonfuls of the Water mingled with half a handful of Triacle, to any man or beaſt that is bitten, within three dayes after the biting, and for lack of the Water take the juices of theſe Hearbs mingled with Triacle, it will keep the ſore from rankling; take Dittany, Egrimony, and ruſty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

A proved Medicine for any one that have an Ague in their Breaſt.

Take the Patients own water, or any others that is very young, and ſet it on the fire, put therein a good

handful of Roſemary, and let it boil; then take two red cloaths, and dip them in the Water, then nip it hard, and lay it on the Breaſt as hot as it may be endured, and apply it till you ſee the Breaſt aſſwaged, then keep it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruiſe them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much vinegar, the crums of leavened Bread, and a little Honey, and boil them all together till they be thick, and lay that hot to the joint where the Fellon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gaſcoign-Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Anniſe-ſeeds, Carraway ſeeds, of each a drachm; then take Sage, Mint, red

red Roſes, Thyme, Pellitory, Roſemary, wild Thyme, Cammomile, Lavender, of each one handful; then bray both Spices and Hearbs, and put them all into the Wine, and let them ſtand for twelve hours, divers times ſtirring them; then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is the beſt; but the other is good alſo, but not ſo good as the firſt.

The virtues of this Water are theſe: It comforteth the Spirits Vital, and helpeth the inward Diſeaſes which come of cold; and the ſhaking of the Palſie; it cureth the contraction of Sinews, and helpeth the conception of Women that be Barren; it killeth worms in the Body; it cureth the cold Cough; it helpeth the Tooth-ach; it comforteth the Stomack; it cureth the cold Dropſie; it helpeth the Stone; it cureth ſhortly the ſtinking Breath, and who ſo uſeth

this water enough, but not too much, it preſerveth him in good liking, making im young.

Doctor VVilloughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Mellilot, Cardamome, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint; and mingle all theſe made in pouder with the ſaid juyce, and with a pint of good *Aqua vitæ*, and three pints of good white VVine, and put all theſe together in a Still of Glaſs; and let it ſtand ſo all night, and on the morrow ſtill it with an eaſie fire as may be.

The vertue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded or periſhed, it helpeth and comforteth, and it ſuffereth not the Blood to putrifie; he ſhall never need to be let blood that uſeth this VVater, and it ſuffers not

the

the heart to be burnt, nor Melancholly or flegm to have dominion above nature, it alſo expelleth the Rheum, and purifieth the ſtomack, it preſerveth the viſage or memory, and deſtroyeth the Palſie, and if this water be given to a man or woman labouring towards death, one ſpoonful relieveth. In the Summer time uſe once a week faſting the quantity of one ſpoonful, and in Winter two ſpoonfuls.

A Medicine for them that have a pain, after their child-bed.

Take Tar, and freſh Barrowes greaſe, and boil it together, then take Pigeons Dung, and fry it in freſh greaſe, and put it in a bag.

For the drink: Take a pint of Malmſey, and boil it, and put Bayberries and Sugar in it, the Bay-berries muſt be of the whiteſt, and put therein ſome Sanders.

Take ſome fair water, and ſet it

over the fire, and put ſome ground Malt in it, when they uſe theſe things they muſt keep their bed.

For the running of the Reins.

Take *Venice* Turpentine rouled in Sugar and Roſe water, ſwallow it in pretty roules, and put a piece of Scarlet warm to your back.

For Codds that be ſwollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a wound.

Take the juyce of *Valerian*, in the which you ſhall wet a Tent, and put it into the wound, and lay the ſame Hearb ſtamped upon it, then your band or binding as appertaineth, and by this means you ſhall draw out the Iron and after heal the wound as it requireth.

A Plaiſter for a green Wound.

Take Flower and Milk, and ſeeth them together till it be thick, then take

take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aqua vitæ*, and boil it with the Egg till it be dry: then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head ſwollen with a Fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaiſter, the which you ſhall lay hot to the head, and it will altogether aſſwage the ſwelling, and heal it perfectly.

Againſt the biting of any venemous Beaſt.

As ſoon as the perſon feeleth him-

ſelf bit with any venemous beaſt, or at leaſt, ſo ſoon as it is poſſible, let him take green leaves of Fig tree, and preſſe the Milk of them three or four times into the wound: And for this alſo ſerveth Muſtard ſeed mingled with Vinegar.

A perfect Remedy for him that is ſore wounded with any Sword or Staffe.

Take *Taxas barbatus*, and ſtamp it, and take the juyce of it, and if the Wound bleed, wipe it, and make it clean, waſhing it with white Wine, or Water, then lay the ſaid juices upon the wound, and the hearb whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholly, or cauſe one to ſleep.

Take dry Roſe leaves, keep them cloſe

cloſe in a glaſs which will keep them ſweet, then take pouder of Mints, pouder of Cloves in a groſs pouder, and put the ſame to the Roſe leaves, then put all theſe together in a bag, and take that to bed with you, and it will cauſe you to ſleep, and it is good to ſmell unto at other times.

For ſpitting of Blood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores greaſe, one pound of Butter, and oil of Neats foot a quantity ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

A ſalve

A Salve for a new Hurt.

Take the whiteſt Virgins wax you can get, and melt it in a pan, then put in a quantity of Butter and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round Ball, and ſo keep it, and when you will uſe it, work ſome of it between your hands, and ſtrike it upon a cloth, and lay it upon the ſore, and it will draw and heal it.

Againſt the biting of a mad Dog, and the rage or madneſs that followeth a man after he is bitten.

Take the bloſſomes or flowers of wild Thiſſles dried in the ſhade, and beaten to pouder, give him to drink of that pouder in white Wine half a Walnut ſhell full, and in thrice taking it he ſhall be healed.

Againſt

Against spitting of Bloud by reason of some Vein broken in the Breast.

Take Mise dung beatten into pouder, as much as will lie upon a groat and put it in half a glass full of the juyce of Plantane with a little sugar, and so give the patient to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For to cleanse the Head.

Take Pellitory of *Spain*, and chew the roots three daies, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good Remedy against the Pluriſie.

Open a white loaf in the middle new baked, and spread it well with Triacle on both the halfes on the crown side, and heat it at the fire, then lay one of the halfs on the place of

of the diſeaſe, and the other half on the other ſide of the body directly againſt it, and ſo bind them that they looſe not, nor ſtir, leaving them ſo a day and a night, or untill the Impoſthume break, which I have ſometimes ſeen in two houres or leſſe, then take away the bread, and immediately the Patient will begin to ſpit and void the purrefaction of the Impoſthume, and after he hath ſlept a little, you ſhall give him meat, and with the help of God he ſhall ſhortly heal.

For a Pin, or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved and ſo cloſe it up, and moſt aſſuredly the Lice wil ſuck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be uſed in a fit of the Stone when the water ſtops.

Take the freſh ſhels of Snailes, the newe[ſt]

neweſt will look of a reddiſh colour, and are beſt, take out the Snails, and dry the ſhels with a morderate heat in an oven after the bread is drawn, likewiſe take Bees and dry them ſo, and beat them ſeverally into pouder, then take twice ſo much of the Bees pouder as the Snails, and mix them well together, keep it cloſe covered in a glaſſe, and when you uſe it, take as much of this pouder as will lie upon a ſixpence and put it into a quarter of a pint of the diſtilled water of Bean-flowers, and drink it faſting, or upon an empty ſtomack, and eat nor drink nothing, for two or three hours after.

This is good to cauſe the party to make urin, and bring away the gravell or ſtone that cauſeth the ſtopping, and hath done very much good.

A Sirrup for the pain in the Stomack.

Take two good handfuls of young Rue,

Rue, boil it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is through cold, strain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boil it till it come to a Sirrup, when you use it, take a good spoonful of this in the morning fasting, and eat nor drink nothing for two or three hours after; it is good for pain in the stomack that proceeds of windy vapours, and is excellent good for the Lungs and obstructions of the Breast.

Receipts for bruises, approved by the Lady of Arundel.

Take black Jet, beat it to pouder, and let the patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and put them in a paper, roast them, and break

break them, and drink as much of the pouder as will lie upon a ſixpence every morning, untill the Patient be well.

To cauſe eaſie labour.

Take ten or twelve daies before her looking, ſix ounces of brown Sugar-candy beaten to pouder, a quarter of a pound of Raſins of the Sun ſtoned, two ounces of Dates unſtoned ſliced, half an ounce of Anniſe-ſeeds bruiſed, a quarter of an ounce of Cowſlip flowers, one drachm of Roſemary flowers, put theſe in a fine lawn bag with a flint ſtone, that it may ſink into a pottle of white Wine, let it ſteep four and twenty houres, and after take of it in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glaſs full.

A Cordial for the Sea.

Take one ounce of Sirrup of Clove-

Clove-Gilliflowers, one drachm of *Confectio Alchermes*, one ounce and a half of Borrage-water, and the like of Mint-water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon-water, temper all these together in a Cordial, and take a spoonful at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincense beaten into fine pouder, mingle them well together, put in as much Barly flower as will make it thick for a Plaister, spread it on leather, lay it to the small of the back, letting it lie nine houres, use four plaisters one after another, you must slit the plaister in the midst, so as it may not lie on the back bone.

A pre-

A preſent Remedy for a Woman with child that hath taken harm by fall, or fright, or any miſchance.

To ſtay the Child, and ſtrengthen it, take one ounce of Pickerel jawes, fine beaten and ſearced, of Dates ſtones, and *Bole armoniack*, of each one ounce, of *Sanguis draconis*, half an ounce, give of theſe, being well ſearced and mingled together, a French Crown weight in Muskadine or Malmſey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil theſe in three pints of Sallade oil in a pipkin, ſtirring them continually with a piece of Iron, until it be of a gray colour, then roul it up in roules, and keed it for your uſe.

Oyl

Oyl of Saint Johns *Wort.*

Take a quart of Sallade oil, put thereto a quart of the flowers of St. *Johns* Wort well picked, let them lie therein all the year, till the seeds be ripe, the glaſſe muſt be kept warm, either in the Sun or in water all the Summer untill the ſeeds be ripe, then put in a quarter of Saint *Johns* Wort ſeeds whole, and ſo let it ſtand twelve hours, then you muſt ſeeth the oil eight houres, the glaſſe being kept open, and the water in the pot full as high as the oil is of hieght in the glaſs; then when it is cold ſtrain it, that the ſeeds may not remain in the oil, and then put up the oil for your uſe.

A green Salve for an old Sore.

Take a handful of Groundſell, as much Houſleek, of Marigold leaves a handful, pick and wipe theſe Hearbs clean, but waſh them not, then beat all theſe hearbs in a wood-

en

en boul as ſmall as is poſſible, then ſtrain out all the juyce, and put in a quantity of Hogs greaſe, as much as two Eggs, beat all theſe together again, then put in the juyce again, and put in ten Eggs, yolkes and whites, five ſpoonfuls of Engliſh Honey, and as much Wheat flower as will make all this as thick as a ſalve, and ſo ſtir it very wel together, & put it cloſe up in a pot that it take no air, and ſo keep it for your uſe.

A moſt excellent Pouder for the Chollick and Stone.

You muſt take it morning and evening before you go to bed, *Sperma Cæti* one ounce and half, Cloves and Mace one quarter of an ounce, Anniſe ſeeds, and *Per ſtone*, of each two ounces, Cinnamon, and ſmall Pepper, of each one quarter of an ounce, Date ſtones a quarter of an ounce, Liquorice, Fennel, red Sage, Bay berries, of each three quarters

of

of an ounce, Acorns one quarter and half of an ounce, Lilly roots two drachms, the white of Oyſter ſhels burned in the fire, one quarter of an ounce; beat all theſe into fine pouder, and drink as much thereof in Ale or Beer as will lie on a ſixpence, and faſt one hour or two after it: If the party be ſore grieved take one handful of Parſly, and ſeeth it in Ale until half be ſod away, with twenty or thirty Prunes therein ſtrained, and put thereto two ſpoonfuls of this pouder, and drink it mornings and evenings, ſomewhat warm.

A preſent Remedy for the running of the Reines.

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and lay

in Papers, and beat it with a hammer very ſmal, and put a little Coral well beaten unto it, and as much Ambergriece, then mingle theſe things together with Sugar, and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of water-Dittany, two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Ballade oil, half a pint of white Wine, boil all theſe together while the white Wine be quite conſumed, then it will be green and come to the height of a Salve.

A proved Medicine for a burning or ſcalding, by lightning or otherwiſe.

Take Hogs greaſe, or Sheeps treacles, and Alehoof, beat theſe very well together, then take more Hogs greaſe,

greaſe, and boil it to a Salve.

To uſe it.

Annoint the place greived with this Ointment, and then lay upon the ſore ſo annointed Celewort leaves, which muſt be boiled very ſoft in water, and the ſtrings made ſmooth with beating them with a Peſtle.

A Pouder for the green Sickneſs, approved with very good ſucceſs upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them ſeverally, and then altogether very well fine ſugar very ſmall beaten one quarter of a pound, and then mix and beat them all four together; Pearl the ſixt part of half an ounce finely beaten, mingle it with the reſt, and beat them all together again, the filing of Steel or Iron an ounce and a quarter, ſift it very fine, and mingle

it with the reſt, but if ſo ſmall a quantitiy will not ſerve, adde a quarter more of the mettal, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little Aloe-ſuccarrina.

The manner of uſing this Pouder.

In the morning when you riſe take half a ſpoonful of it, as much at four a clock in the afternoon, and as much, when you goe to bed, walk or ſtir much after the firſt taking of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugar-ſops or thin broth.

The Patients Diet.

She muſt forbear Oatmeal in broth or any other thing, Cheeſe, Eggs, Cuſtards, or any ſtopping meat, take care that this be not gi-

ven to any woman that hath conce-
ved or is with Child.

A drink to ſtanch blould inwardly.

Take the juyce of one handful o
Shepheards purſe, of Parſley, a
Five-finger, of each as much, ta
five ſlips of Egrimony, ſtrain a
theſe juyces into the milk of a
Cow, and drink thereof early a
late warm.

*A Pouder to keep the Teeth clu
and from worm-eaten.*

Take Roſemary burned to aſh
Cuttles-bone, Harts-horn burn
to pouder, *Sal gemmæ*, twelve pen
weight, the flowers of Pomegra
ates, white Coral, of each a ſix pen
weight, make all theſe in pouder, a
with a little Roſe-water, and a Sa
leaf, rub the Teeth.

*A Salve to heal all manner of Sc
and Cuts.*

Take one pint of Turpenine,

pint of oil Olive, a quarter of a pint of running Water, nine branches of Roſemary, one ounce of unwrought Wax, two ounces of Roſat, ſeeth all theſe together in a little pan over the fire, let it ſeeth untill there ariſe a little white ſcum upon it, then ſtir it with a ſtick, ſuffering it to boil untill one quarter be conſumed, then take it from the fire, ſtrain it through a courſe cloth, but it muſt be done quickly after it be taken from the fire for cooling, after you have ſtrained it into an earthen pot, let it cool, and keep it for your uſe.

To make Oil of Sage, good for the grief in any joynt, or for any ach.

Take Sage and Parſly, ſeeth them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomack, Speen, Liver Lungs, and Brain.

Take Alexander, Water-creſſes,

young Mallows, Borrage, and Fennell roots pared, Mercury, Harts-tongue, and Clare, and make of these Pottage.

To drive infectous diseases from the heart.

Take Mithridate, and Century, of each two ounces, eight spoonfuls of Dragon Water, one pint of white Wine, seven spoonfuls of *Aqua vitæ*, boil all together a little, strain it, then set it on the fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make poude

of

of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and alſo rub the gums with it.

For the ſtrangullion or the Stone.

Take the inner rind of a young Aſh, between two or three yeares of growth, dry it to pouder, and drink of it as much at once, as will lie on a ſixpence in Ale or white Wine, and it will bring preſent remedy: the party muſt be kept warm two hours after it.

For the Stone.

Take the ſtone that groweth within the gall of an Oxe, grate it, and drink of it in white wine, as much as will lie upon a ſixpence at once, for want of white Wine make a poſſet of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitory therein, and drink of the pouder with it.

For tht black Jaundies.

Take earth Wormes, wash them in white Wine, then dry them, and beat them into pouder, and put to a little Saffron, and drink it in Beer.

A drawing salve for an old Sore.

Take Rosin half a pound beaten to pouder, Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin plaister upon old Sores.

A water to wash Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honey two saucers full, boil all these together in three pints

pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withal.

A Medicine to cure the Garget in the Throat.

Take a pint of May Butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder one good handful, and some Daisie roots, seeth it to half the quantity, and strain it, and so keep it cool; take this ointment and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane triacle, and upon that strew grosse pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your ears, renew it once a day with the ointment, and the Triacle, and pepper, and lay it on again, before you use this ointment, scour

your mouth and throat with the pouder of Roch Allum burned, mix it with the pouder of Madder or Pepper.

For the Hearing.

Take an Onion, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in paper and roasted in the embers, lay it to each ear.

For a dead Child in a womans Body.

Take the juyce of Hyssop, temper it in warm water, and give it the Woman to drink.

For a woman that hath her Flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drink it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash and scrape them clean, and slice them thin, then take the grease of a Barrow Hog, the quantity of either alike

alike, then take an earthen pot, then lay a laine of greaſe in the bottome, then a laine of roots, then the greaſe again, and ſo roots and greaſe till the pot be full, then ſtop the pot very cloſe, aud ſet it in a dunghil one and twenty daies, then beat it altogether in a boul, then boil it a good while, then ſtrain it, and put in a penni-worth of *Aqua vitæ*, then annoint the place greived very warm againſt the fire.

A Diet drink for the running Gout, ach in the joints, and for all infections.

Set ſeven quarts of water on the fire, and when it boileth put therein fours ounces of *Sarſaparilla* bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped or covered, then put in four ounces of Sene, three ounces of Liquorice briuſed, of *Stæcados Hermodactil, Fpithymum*, and of Cammomil flowers, of every one half an

ounce, and ſo boil all theſe two hours very ſoftly, then ſtrain it, and keep it in a cloſe veſſel cloſe ſtopped, when it is cold, then boil again all the aforeſaid Ingredients in ſeven quarts of water four hours, with a ſoft fire cloſe covered; then ſtrain it and keep it as the other by it ſelf, and take of the firſt a good draught one hour before you ariſe in the morning, and a draught at the beginning of Dinner, and another at Supper, and going to Bed, and at all other times; drink of the latter when you liſt, and eat no meat but dry roaſted Mutton, Capon, Rabbot, without Salt, and not baſted, but to your Breakfaſt, a poached Egg, no Bread but Bisket, or dryed Cruſt, and at night Raiſins of the Sun, and Bisket-bread; drink no other Drink but this.

A Plaiſter to heal any Sore.

Take of Sage, Hearb-grace, of each

each a like quantity, Ribwort, Plantain and Daisie roots, more than half so much of each of them, with Wax, fresh Grease, and Rosin make it a Salve; if the flesh grow proud, then put alwaies upon the Plaister before you lay it to the sore, burnt Allum, and it will correct the flesh.

To cause a Woman to have her Sickness.

Take Egrimony, Motherwort, Avens and Parsley, shred them smal with Oatmeal, make pottage of them with Pork; let her eat the pottage, but nor the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oisters, wash it, and dry it to pouder, drink it with Malmsey fasting.

To kill Worms.

Take Aloe-succatrina two ounces, let it stand in a quart of Malmsey eigh

eight hours; drink it morning and evening.

For a hot Rheum in the Head.

Take Rose-water, Vinegar, and Sallade-Oil, mix them wel together, and lay it to the Head warm.

For a Lask.

Take the nether Jaw of a Pike, beat it to pouder and drink it.

For an Itch, or any Scurf of the Body.

Take Elecampane-roots, or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and anoint the Patient.

For one that is bruised with a Fall.

Take Horse-dung, and Sheeps-suet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Emerhoides.

Take Hops and Vinegar, fry them

them together, and put it into a little bag, and lay it as hot as may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gunpouder, or otherwiſe.

Take one handful of Groundſel, twelve heads of Houſleek, one pint of Gooſe-dung, as much Chickens-dung, of the neweſt that may be gotten, ſtamp the Hearbs as ſmall as you can, then put the dung into a Mortar, temper them together with a pottle of Bores-greaſe, labour them together half an hour, and ſtrain it through a Canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth, it will laſt two year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Celendine, as much Orpen, cut it ſmall, and boil it with Oil-olive, and unwrought

wrought Wax, then ſtrain it, and uſe it.

To ſtop the bleeding of a Cut or Wound.

Take Hop, ſtamp it, and put it into the Wound, if Hop will not do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Houſleek one handful, waſh them and ſtamp them in a ſtone Mortar very ſmall, and as you ſtamp them, put in a pint of Cream by little and little; then ſtrain it, and put it in a pot with a Feather, take of this and annoint the ſcalded place, and then wet a linnen cloth in the ſame Ointment; and lay it on the place; and over that roul other clothes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it

with Sope and fresh Grease, of each two ounces; make an Ointment and annoint the place.

For the singing in the Head.

Take one Onion, cut out the core, and fill that place with the pouder of Cummin, and the juice of Rue, set on the top again, and roast the Onion in embers; then put away the outside, and put it in a cloth, wring out the juice; take black Wool and dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven until it be well dryed, then cut the paste and take forth the Rosemary: infuse it in two quarts of Claret-wine, with two ounces of good Triacle, one ounce of

of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruised; let them ſtand infuſed two nights and one day, then diſtil it in a Limbeck; drink hereof one ſpoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder-leaves, red Briar-leaves, of each one handful, ſtamp them and ſtrain them with a quart of white Wine, and then put to it *Aqua vitæ* and Ginger; drink hereof every morning one ſpoonful nine mornings together, and it will preſerve you.

For a Bruiſe or Stitch.

Take tht kernels of Walnuts, and ſmall Nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one ſpoonful of Honey; beat them all together very fine, and eat of it three or four times every day; make a pla-

plaiſter of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfrey one good handful, wild Daiſie-roots as much, and the like of knotted Graſs; ſtamp all theſe together, and ſtrain it with Malmſey, and give it to the Patient to drink morning and evening, nine dayes blood-warm. If it be a Man that hath been long ſo, he muſt lye nine dayes upon his back, and ſtir as little as he can. If he be a Child, he muſt be kept ſo much lying as you may for nine dayes; if you think the drink too ſtrong for the Child, give it him but five dayes in Malmſey, and the reſt in ſtale Ale; have a care that the party have a good Truſs, and keep him truſſed one whole year at the leaſt.

Againſt

Againſt the grief in the Lungs, and ſpitting of Blood.

Take the Herb called of the Apothecary *Ungula Caballina*, in Engliſh, Colts-foot, incorporated well with the lard of a Hog chopped, and a new-laid Egg, boil it together in a pan, and give it to the Patient to eat; doing this nine mornings, you ſhall ſee a marvellous thing; this is alſo good to make a man fat.

A Plaiſter for a Rupture.

Take the juyce of Comfrey, wild Daiſie-roots, and knotted Graſs, of each a like quantity, freſh Butter, and unwrought Wax, of each a like quantity, clarifie them ſeverally, then take of the roots of Cumfrey, dry it and make pouder of it; take the pouder of Anniſe-ſeed, and Comminſeed, but twice as much Cumminſeed as Anniſe-ſeed; boil theſe pouders in the Butter, and unwrough

Wax on a soft fire a good while, then put in your juyce, let it boil a walm or two, so take it from the fire, stir it all together til it be cold; take hereof and spread it, and lay it to his Cods as hot as he can suffer it, and use this till he be whole; this plaister is most excellent for a Child that is burst at the Navil.

GRATIOSA CURA.

A Water for a Cut or Sore.

Take Honeysuckles the knots ript off, flowers of Celendine, flowers of red Sage, of each three spoonfuls, Five-finger, Comfrey such as is to knit bones, Diasies with the roots thereon, Ladder of Heaven, blossomes of Rosemary, Stewel, Hearbgrace, Smallage, red Roses with the knots on, or else red Rose-cakes, Adders-tongue, of each of these one handful; seeth all together in six gallons of Water that runneth towards the East, untill two gallons be sod in; then

then ſtrain them, and put to the water three quarts of *Engliſh* Honey, one pound of Roach-Allum, one penniworth of Madder, one penniworth of long Pepper, ſeeth all together untill one gallon be conſumed; then cleanſe the Water.

For the Wind-Collick.

Take the flowers of Walnuts, and dry them to pouder, and take of them in your Ale, or Beer, or in your Broth as you like beſt, and it will help you.

To make a ſoveraign Oil of a Fox, for the nummed Palſie.

Take a Fox new killed, caſed, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop, *Stæcad*, Roſemary, Coſtmary, Cowſlip-flowers, Balm, Bettony, ſweet Marjoram, of each a good handful, chop them ſmall, and put thereto of the beſt Oil of Caſtor.

ſtor, Dill, and Cammomil, of each four ounces: mix the Hearbs and Oils together, and ſtrow over them *Aphronitum* a good handful; put them all into the Fox, and ſew up his belly cloſe, and with a quick fire roſt him, and the Oil that droppeth out is a moſt ſingular Oil for all Palſies or numneſs. Approved.

To comfort the Brain, and procure Sleep.

Take brown bread crums, the quantity of one Walnut, one Nutmeg beaten to pouder, one drachm of Cinnamon; put theſe into a Napkin, with two ſpoonfuls of Vinegar, four ſpoonfuls of Roſe-water, and one of Womans Milk.

For the weakneſs in the Back.

Take the pith of an Ox-back, put it into a pottle of Water; then ſeeth it to a quart, then take a handful

ful of Comfrey, one handful of knotted graſs, one handful of Shepherds purſe; put theſe into a quart of Water; boil them unto a pint, with ſix Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd, Nut-leaves, Lavender cotton, Southerwood, Wormwood, Sage, Woodbine-leaves, ſweet Bryar leaves, of each a like quantity, of Allum and Honey a good quantity; ſeeth all theſe till they be half ſodden, waſh the ſore with it.

For an old Bruiſe.

Take one ſpoonful of the juice of Tanſie, and as much Nip, two penniworth of *Sperma Ceti*; put it into a little Ale, and drink it.

Or

Oil of Foxes, or Badgers, for Ach in the joints, the Sciatica, diseases of the Sinews, and pains of the Reins and Back.

Take a live Fox or Badger, of a middle age, of a full body, well fed, and fat, kill him, bowel and skin him; some take not out his bowels, but only his excrements in his Guts, because his Guts have much grease about them; break his Bones small, that you may have all the marrow; this done, set him a boiling in salt Brine, and Sea-water, and salt-water of each a pint and half; of Oil three pints, of Salt three ounces; in the end of the Decoction put thereto the leaves of Sage, Rosemary, Dill, Organy, Marjoram, and Juniper-berries: and when he is so sodden that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a vessel to make Lineaments for the ach in the joints, the

the Sciatica, diſeaſes of the Sinews, and pains of the Reins and Back.

To make the Leaden Plaiſter.

Take two pound and four ounces of oil Olive of the beſt, of good red Lead one pound, white Lead one pound well beaten to duſt, twelve ounces of Spaniſh Sope: and incorporate all theſe well together in an Earthen pot well glazed before you put them to boil, and when they are well incorporated that the Sope cometh upward, put it upon a ſmall fire of Coals, continuing the fire for the ſpace of one hour and a half, ſtill ſtirring it with an Iron-Ball upon the end of a ſtick; then make the fire ſomewhat bigger, untill the redneſs be turned into a gray colour, but you muſt not leave ſtirring till the matter be turned into the colour of Oil, or ſomewhat darker, then drop of it upon a wooden Trencher,

Trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years, the older the better.

The vertue of the Plaister.

The same being laid upon the stomack, provoketh appetite, it taketh away any griet in the stomack, being laid on the Belly is a present remedy for the Chollick, and laid unto the reins of the back; it is good for the Bloody-Flux, running of the Reins, the heat of the Kidnies, and weakness of the Back; the same healeth all Swellings, Bruises, and taketh away Ach; it breaks Felons, Pushes, and other Imposthumes, and healeth them; the same draweth out any running humour, without breaking the skin, and being applyed to the Fundament, it healeth any disease there growing; being laid on the Head is good for the Uvula, it

the Sciatica, diſeaſes of the Sinews, and pains of the Reins and Back.

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helpeth the Head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat-flower boulted, temper it with Wine, and ſeeth it thick, lay it hot to the ſore.

A Medicine for the Plague.

Take a pint of Malmſey, and burn it well, then take about ſi ſpoonfuls thereof, and put to, th quantity of a Nutmeg of goo Triacle, and ſo much Spice grai beaten as you can take up with t tops of your two fingers; mix it t gether, and let the party ſick dri it blood-warm; if he be Infected will procure him to caſt, which if do, give him as much more, and ſtill again and again, obſerving ſ ſome quantity till the party le caſting, and ſo after he will be w if he caſt not at all, once taking enough, and probably it is not ſickneſs, after the party hath caſt

casting, it is good to take a competent draught of burnt Malmsie alone with Triacle and Grains; it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one Root, of Jane Triacle two spoonfuls, of Wine Vinegar three spoonfuls, of fair Water three spoonfuls, make all these more than Luke-warm, and drink them off at once well steeped together, sweat after this six or seven hours, and it will bring forth the Plague-sore.

To break the Plague Sore.

Lay a roasted Onion, also seeth a white Lilly-root in Milk, till it be as thick as a Poultess, and lay it to the same, if these fail, launce the Sore, and so draw it and heal it with salves for Botches or Biles.

To make a Salve to dress any Wound.

Take Rosin and Wax, of each

half a pound, of Deer Suet, and Frankincense, of each one quarter of a pound; of Mastick in pouder one ounce; boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over; then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold, put thereto one quarter of a pound of Turpentine; after these be mingled together, then put it into the white Wine, and wash as you wash Butter, and then as it cools make it up in rouls.

A most excellent Water for sore Eyes.

Take a quart of Spring-water, set it upon the fire in an Earthen Pipkin; then put into it three spoonfuls of white Salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it

doth boil; then ſtrain it through a fine linnen cloath, and keep it for your uſe.

When you take it you muſt lye down upon the bed, and drop two drops of it into your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Pearl or Film growing upon it; then take a handful of red double Daiſie-leaves, and ſtamp them, and ſtrain them through a linnen cloath, and drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Sallade Oil, or Neats-foot-Oil, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong Wine Vinegar, half

a dozen of Egſhels, and all beaten very ſmall, one handful of white Salt; put all theſe together into an earthen pot, and ſtir and mingle them together exceeding well, then as much Bean-flower, or VVheat-flower, as will thicken it plaiſter-wiſe; then with your hand ſtrike it on the grieved place once a day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing, or other kind of ſwelling that proceedeth of evil humours.

Balm-water for a Surfeit.

Take two gallons of ſtrong Ale, and one quart of Sack; take four pound of young Balm-leaves, and ſhred them; then take one pound of Anniſe-ſeeds, and as much Liquorice beaten to pouder; put them all into the Ale and Sack to ſteep twelve hours; put it into a Limbeck, and ſo ſtill it; it is good for a Surfeit of cholle

choller, for to comfort the heart, and for an Ague.

A Reſtorative Water in ſickneſs, the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty one Egs, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and VVine; then put the ſame into a fair Stillatory, and ſtill it with a ſoaking fire: and take a ſpoonful of this VVater in your Pottage or drink, and this in one or two moneths will prevent the Conſumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them, and ſtrain it into a quart of Ale, and ſet it on the fire; then take the yolks of four Egs, and make it for a Caudle, and ſo ſeaſon it with a good quantity of

Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water, and to break the Stone.

Pare a Raddish root, and slice it thin, and put it into a pint of white Wine, and let it infuse six or seven hours, then strain it, and set it on the fire; and put thereto one Parsley root, and one spoonful of Parsley seed, and half a handful of Pellitory of the wall, and seeth it untill half be wasted, and give it luke-warm to drink.

The Diet against Melancholly.

Take Sene eight ounces, Rubarb six drachms, Polipody of the Oak, *Sarsaparilla*, and Madder roots, of each four ounces, Annise seeds, Fennel seeds, *Epithymum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimony, Scabios, and red Dock roots

roots of each one handful, make them all ſmall, and put it into a long narrow bag or boulter, hang it in a veſſel of Ale that containeth ſix gallons, when it is a week old, drink it morning and evening for the ſpace of one fornight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrymony, Scabios, of each one handful, Champitis, Hyſop of each a dozen Crops, Endive, and Succory, of each three or four leaves, of young Fennel and Parſley, of each one root, one ſtick of Liquorice, one ſpoonful of Barberries clean waſhed, one ſpoonful of Anniſeeds, twenty Raiſins of the Sun ſtoned; boil all theſe in a pottle of water to a quart, then ſtrain it, and put thereto of the beſt Sugar one quarter of a pound, Conſerve of

Violets one ounce, and ſo boil it as long as any ſcum ariſeth, then ſtrain it again, and uſe this very warm.

For one that cannot make water.

Take the ſeeds of Parſley, of red Fennel, of Saxifrage, of Carrawaies, of the kernel of Hip-berries, of each alike quantity, put in ſome pouder of Jet, mingle theſe, being beaten to pouder, well together, and drink it in ſtale Ale luke-warm.

To make Aqua Compoſita.

Take of Anniſe-ſeeds and Liquorice bruiſed, of each half a pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander, and Carraway ſeeds bruiſed of each two ounces, Roſemary, and Sage of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire.

A

An Ointment for a Swelling.

Take of Marſh-Mallowes, of Wormwood, of Smallage, of each one handful, boil it with one pound of the greaſe of a Barrow Hog, untill it be very green, then ſtrain it and keep it very cloſe. **Lady** *Pawlet.*

A Plaiſter for the Back.

Take half a pint of Oile of Roſes, four onnces of white Lead ground into fine pouder, put your Oyl into a clean Poſnet, and ſet it on the fire, and when it is warm, put in your white Lead, ever ſtirring it, then put into it of your Wax one quarter, ſtir it until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of four pence, fine *Bole*, and *Terra ſigillata*, of each two penny weight, in fine pouder all, ſtill ſtirring it till it be almoſt

moſt cold, and ſo make it up in rouls: uſe it as need requires for all weakneſs, waſting, or heat in the Kidneys. *Craniſh.*

To make Oyl of Swallows.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberry-leaves, of each a like, four Swallows, feathers and all together well bruiſed, three ounces of Sallade Oil, beat the Hearbs and the Swallows, Feathers, and all together, untill they be ſo ſmall that you can ſee no Feathers: then put in the Oil, and ſtir them well together, and ſeeth them in a poſnet, and ſtrain them through a canvas cloth, and ſo keep it for your uſe.

For a Thorn, Fellon, or Prick.

Take the juyce of Fetherfew, of Smallage, of each one ſaucer full, put to it as much of Wheat flower, as will make it ſomewhat thick, and

and put to it of good black Sope the quantity of a Walnut, mingle them together, and lay them to the sore.

A Drink for one that hath a Rupture.

Take the Comfit, othewise called Bonesel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more then a handful, of Vervin as much as of the Cammock, of Daisie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped, one pint of pure white Wine, then strain it and drinke of it morning and evening, one hour or more before breakfast or Supper, a good draught blood-warm.

If it be a sucking Child, let the Nurse drink posset-ale of the aforesaid drink, and let the Child suck im-

immediately; if he be an old body let him take it lying in his bed nine dayes, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it to be too harsh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsul, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roch Allum, boil them all again as long as any scum ariseth, then take it off.

and put it in a cloſe bottle, and uſe it bloud warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a houſe, ſeeth it in Reniſh Wine till it be well ſodden, then put it in a linnen cloth, and lay it to her Navell, as hot as ſhe may ſuffer it, four or five times.

A Water for all old Sores.

Take Honeyſuckles, Water Betany, Roſemary, Sage, Violet leaves, Elder leaves, cut them all ſmall together, and ſeeth them in a quart of running water, put thereto two ſpoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot ſleep.

Take the juyce of Houſleek, and of Lettice, of each one ſpoonful, of womans Milk ſix ſpoonfuls, put them

them togcther, and ſet them upon a Chafing-diſh of coals, and put thereto a piece of Roſe-cake, and lay it to your Temples.

To quench or ſlack your thirſt.

Take one quart of running water out of the brook, ſeeth it, and ſcum it, put thereto five or ſix ſponfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruiſed, drink it luke-warm.

For one that hath a great heat in his hands and ſtomack.

Take four Eggs, roaſt them hard, peel them, lay them in Vinegar three or four hours, then let the ſick man hold in either hand one of them, and after ſome ſpace change them and take the other, and it will allay the heat.

Againſt all aches eſpecially of a Womans breaſt.

Take Milk, and Roſe-leaves, and ſet them on the fire, and put thereto Oat-

Oatmeal, and Oyl of Roſes, boil them till they be thick, and lay it hot under the ſore, and renew it ſo till it be alwaies hot.

For the Ptiſick and dry Couth.

Take the Lungs of a Fox, beat them to pouder, take of Liquorice and Sugar candy a good quantity, a ſmall quantity of Cummin, mix theſe all well together, and put them in a bladder; and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have ſhels, prick them, and with the juyce that cometh from them, rub the Wart every day for the ſpace of ſeven or eight dayes, and it will deſtrory them.

A perfect water for the ſight.

Take Sage, Fennel, Vervin Bettony, Eyebright, Pimpernel, Cinquefoil,

quefoil, and Hearb-grace, lay al theſe in white-Wine one night, ſtill it in a ſtillarory of glaſſe: this Water did reſtore the ſight of one that was blind three years before.

To reſtore the hearing.

Take Rue, Roſemary, Sage, Vervin, Marjoram, of each one handful, of Cammomil two handfuls, ſtamp them, and mould them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midſt, and as hot as may be ſuffered bind it to your eares, and keep them warm and cloſe one day or more, after it be taken away, forbear ye to take cold.

For a Felon in the Joints.

Take Rue, Featherfew, Bores greaſe, Leaven, Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmall, then beat then together, and lay it to the fore place.

To

To comfort the Brains, and to procure ſleep.

Take a red Roſecake, three ſpoonfuls of white Wine Vinegar, the white of one Egg, three ſpoonfuls of womans milk, ſet all theſe on a Chafing diſh of coals, heat them, and lay the Roſe-cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two cloathes, and lay it to your forehead as warm as you may ſuffer it.

A Medicine for a ſore head with a Scald.

Take one peck of Shoo-makers ſhreds, ſet them over the fire, in a Braſs pan, put water to them, and ſeeth them ſo long as any Oil will ariſe, and evermore be ſcumming off the Oyle, then take Plantain, Ribwort, Honſleek leaves, Ground Ivy, knotted graſs, wild Borrage, Tutſan,

Tutſan, Hearb-Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a mortar, and ſtrain them, then take half a penniworth of Roſin, half a penniworth of Allum, a little Virgins Wax, beat them and put them into a pan, and ſet it over the fire, put thereto the Hearbs and the Oyle, let them ſeeth till all be melted, then ſtrain them into a pan, and ſtirre them till they be cold, and put it into a box for your uſe, when you dreſſe your head, heat a little in a ſaucer, annoint it every day twice, pull out the hairs that ſtand upright, and with a linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pound, beat them very ſmall, then ſtrain them, and take the juyce thereof, put

put one pound of yellow Wax, one pound of Rosin, one pound of Deer Suet, boil them together till they be very green, and when it is cold put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry them upon the coals til they will beat to pouder, then give it to the patient to drink in the morning fasting, as much as will lye upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrowes grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a soft fire, by the space of four hours, then strain it

it from the Mugwort, and put it up in an earthen thing for your uſe, and annoint your feet as you go to bed.

A Medicine for any heat, burning or Scalding: Approved.

Take half a pint of the beſt Cream you can get, and ſet it in a fair Poſnet, upon the fire, then take two good handfuls of Daiſie roots, leaves and all, clean waſhed, and very finely ſhred, put them into the ſame Poſnet, and boil it upon the fire, untill it be a clear ointment, then ſtrain it through a cloath, and keep it for your uſe.

To make Aqua Compoſita *to drink for a Surfeit, or a cold ſtomack, and to avoid Flegm, and glut from ſtomack.*

Take one handful of Roſemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, ſix

good

good crops of red Mints, and as much of Penniroyal, half a handful of Horehound, six crops of Marjoram, two ounces of Liquorice well bruised, and so much of Annise seeds, then take three gallons of strong Ale, and put all the aforesaid things, Ale, and Hearbs, into a brass pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come no aire out, and so keep it with a soft fire, as other *Aqua vitæ*.

For an Ach in the Joynts.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handful of Rue, Sheeps suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Ox: spread it on a plaister, and lay it on as hot as you can, and let it lye seven dayes.

A Plaister

A Plaiſter to lay to the Head for a Rheum which runneth at the eyes.

Take the pouder of Roſe-leaves, Roſe-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, ſtill them and temper them, and make them in a Plaiſter, and put to it a little pouder of *Terra ſigillata*.

A Water to be uſed with the Plaiſter above-ſaid for the ſame purpoſe.

Take one quart of new Milk, two pound of green Fennel, a quarter of a pound of Eye-bright, put the hearbs and milk into a Stillatory, caſt half a ounce of Camphire thereon, and with this water waſh your eyes and temples.

For the Emerhoids: approved.

Take a piece of twany cloth, burn it in a Friying pan to pouder, then beat it in a Mortar as fine as may be, ſearce it, then lay it on a brown

paper

paper and with ſpittle make it plaiſter-wiſe, and lay it to the place, and truſs it up with cloaths.

To break any ſore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallade oyl three or four ſpoonfuls, and a pint of Milk, and ſeeth them together to a good thickneſs, ſpread it on a cloth, and lay it to the ſore; inſtead of Sallade Oyl you may uſe Deer-ſuet.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fetherfew, Dill, Roſemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and Sage, of each one handful, ſeeth all theſe in four gallons of running-water, and let it ſeeth till one gallon be waſted, then bath your legs with it five nights together.

A Medicine for any Joynt that is numb with any Ach; approved.

Take Virgin Wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, Sope, oil of eggs, of Allum, of Honey, of each a like quantity, temper them all together, and lay it upon the place grieved somewhat warme.

A medicine for a fellon of any Finger.

Take as much Bay-salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then beat it in a Mortar very fine, then take the yolk of a new laid Egg, beat it with this pouder until it be very stiffe; spread it upon a cloth, lay it upon the joynt griev'd twenty four hours, and so dress it three times.

For a Boil or Push.

Take the yolk of a new laid Egg, a little English Honey, put it into the

the shell to the yolk, put in as much Wheat meal as will make it to spread, then take one branch of Rue, and one of Fetherfew, shred them very fine, and put it to the same Medicine, stir them very well together, spread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cause good digestion, and to comfort the stomack.

Take Setwel, and Gallingal of each three slices, Nutmegs, Ginger, and Cinnamon, of each two slices, three Bay-berries sliced fine and husked, three slices of Liquorice, half a spoonful of Annise-seeds clean dusted, one long pepper cut small, white Pepper six grains, as much black pepper, beat them all into a gross pouder, then put thereto two grains of Musk, one grain of Ambergriece, then take Mint water and Sugar, boil them together

and when they are come to the right perfection of thickneſs, put in thoſe pouders above mentioned in the cooling, with a little Conſerve of Roſemary flowers; of this take the quantity of a Nutmeg, half an houre before you eat or drink at meals.

A Pouder for the Rheum, or ſore Eyes.

Boil one pint of Hop-water, made when the Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Liquorice in very fine pouder, the water being taken from the fire, for the Liquorice muſt not boil in the Water, ſtir them together till the water be clean conſumed, then add to them of Anniſe-ſeeds, and Fennel-ſeeds, of each half a pound made into very fine pouder through a ſearce, Angelica-roots, Elicampane roots and leaves, and flowers of Eyebright made into very

fine

fine pouder, of each one ounce and a half, mingle theſe together, and ſo keep it cloſe, and when you eat of this pouder weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moiſten it, or Angelica-water, or *Roſa ſolis*, to keep it from being muſty, ſet it neer the fire, eat of this pouder at any time as much as you may take up with a groat, and it is ſpecial good for the Rheum, for cold, or for ſore eyes. Mr. *Bendlow*.

A Salve for any wound.

Take Roſin, Per-roſin, Wax, of each eight ounces, of Sheeps Suet, and Frankincenſe, of each four ounces, one ounce of Maſtick made in pouder, boil all theſe in a pint of white Wine half a hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almoſt cold put thereto

four ounces of Turpentine, and make it up in roules, but before it be rouled you muſt waſh it up in running water. A. T.

How to deliver a Child in danger.

Take a Date-ſtone, beat it into pouder, let the Woman drink it with Wine, then take Polipody and emplaiſter it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in wine, give her alſo the Milk of another Woman.

A moſt ſingular Sirrup for the Lungs, and to prevent a Conſumption.

Take Egrimony, Scabios, Borrage, Bugloſs, of each twenty leaves, Fole-foot, Lungwort, Maiden-hair, of each half a handful, Succory and Endive, of eanh ſix leaves, of *Carduus benedictus*, Horehound

hound, Nip, of each four crops, unſet Hop half a handful, Fennel-roots, Parſly-roots, Smallage-roots, of each three roots ſliced and the piths taken out, Elecampane four roots ſliced, Iris-roots half an ounce ſliced, Quince ſeeds one ounce, Liquorice three good ſticks ſcraped and ſliced ſmall, twenty Figs ſliced, Raiſins of the Sun one good handful ſliced, and the ſtones taken out, boil all theſe in a gallon of running water till half be conſumed, then take it from the fire and let it ſettle, then ſtrain it, and boil it again with as much white Sugar as will make it thick as Sirrup, that it may laſt all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Aſhen-keyes half a handful, three or four Acorns, the ſhels of three new laid Eggs, Grumwel ſeeds, Parſley-ſeeds, of

each half an ounce, Per-ſtone a good handful, Cāmock-roots half a handful, make all theſe in fine powder, then put thereto two ounces of Sugar-candy beaten ſomething ſmall, take a ſixpenny weight of this pouder at a time in the morning faſting, and drink not after it one hour.

For the Chollick and Stone.

Take one handfnl of *Philipendula*, of Roſemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parſly, of Scabious, of each four handfuls, of Marigolds one handful, of Marjoram three handfuls, of brown Fennel, of Londebeefe, of Spernits, of Borrage, of each two handfuls, of Maiden-hair three handfuls, ſtill all theſe in *May*, keep it in a Glaſs till you have need of it, then take of it five ſpoonfuls, and three of white Wine, and of clean pou-

der

der of Ginger half a spoonful, put these together, and warm it lukewarme, and let the Patient drink it in the morning two houres before he rise out of his bed, let him lay more cloaths upon him, for it will provoke him to sweat, after the sweat is gone, let him rise and walk whither he will.

A good water to drink with wine, or without to cool Choller.

Take Borrage-roots, and Succory-roots of each two, wash and scrape them fair and clean, and take out their cores, then take an earthen pot of two gollons, fill it with fair spring water, set it on a fire of Char-coal, put the roots in it, and eight penny-worth of Cinnamon; when it beginneth to seeth, put into it four ounces of fine Sugar, and let it seeth half an houre, then take it off, let it cool, and drink thereof at your pleasure.

How to make Aqua compoſita *for the Chollick and Stone.*

Take ſtrong Ale one month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorice, and as much Anniſe-ſeeds, and of theſe Hearbs following two handfuls of each to every gallon, of Beach leaves, Burnet, Paſpher, Pellitory of the wall, Watercreſſes, Saxafrage, Grumwel, *Philipendula*, Penny-royal, Fennel, half a root of Elicampane, of Hawes, of Hips, of Berries, of Brambles, and Barberries, of each half a pint, ſtil them as you do other *Aqua vitæ.*

A Medicine for the Chollick paſſion.

Take the ſmooth leaves of Holly, dry them, and make them into pouder, of Grumwel-ſeed, and Box-ſeed of each a little quantity, let the patient drink thereof.

How

How to take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wildin-tree, with the leaves in Summer, of each half a handful, as much Be tony, three crops of Roſemary, ſeeth them in a quart of Poſſet-Ale to a pint, and let the ſick drink of this as hot as he can, and ſo within three times it will eaſe him.

For the hardneſs or ſtiffneſs of Sinews.

Take twelve fledg'd Swallows out of the neſt, kill them, beat them feathers and all in a Mortar, with Thyme, Roſemary, and Hop, then ſeeth them with May Butter a good while, then ſtrain them through a ſtrainer, as hard as you can, and it will be an Ointment, take the ſtrings that grow out of the Srawberries, and beat them amongſt the reſt.

How to ſtay the Flux.

Take white Starch made of wheat, two

two or three ſpoonfuls, and take alſo new Milk from the Cow, ſtir theſe together, and let them be warmed a little, and give it to the party grieved in manner of a gliſter; a preſent remedy.

An approved medicine for the Plague called the Philoſophers Egg; it is a moſt excellent preſervative, againſt all poyſons, or dangerous Diſeaſes that draw towards the Heart.

Take a new laid Egg, and break a hole ſo broad as you may take out the white clean from the yolk, then take one ounce of Safforn and mingle it with the yolk, but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that he ſhall be not burned, and as thoſe embers do cool, ſo put in more hot; and do ſo for the ſpace of two dayes until you

think

think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it before the fire, and let it be warm, then beat it in a Mortar very fine, and put it in by it self, then take as much white Mustard-seed as the Egg and Saffron, and grind it as small as meal, then search it through a fine Boulter, that you may save the quantity of the Egg so searced, then take a quarter of an ounce of Dittany roots, as much Turmentil, of *Nuces Vomica* one drachm, let them be dried by the fire as aforesaid, then stamp these three last severally very fine in a Mortar, then mix them three well together, after that, take as a thing most needful, the root of Angelica and Pimpernell, of each the weight of sixpence, make them to powder, and mix them with the rest,

reſt, then compound therewith five or ſix ſcruples of Unicorns-horn, or for want thereof Harts-Horne, and take as much weight as all theſe fine pouders come to, of fine Triacle, and ſtamp it with the Pouders in a Mortar untill it be well mixt and hang to the peſtle, and then it is perfectly made, then put the Electuary in a ſtone pot, well nealed, and ſo it will continue twenty or thirty years, and the longer the better.

How to uſe this Electuary.

Firſt when one is infected with the peſtilence, let him take ſo ſoon as he can, or ever the diſeaſe infect the heart, one crown weight in gold of this Electuary, and ſo much of fine Triacle, if it be for a man, but if it ſhall be for a woman or child take leſs, and let them be well mixed together, and if the deſeaſe come with cold, give him the Electuary with half

half a pint of white Wine warm, and well mixed together, but if it come with heat then give it him with Plantain Water, or Well water, and Vinegar mixt together, and when he hath drunk the ſame, let him goe to his naked bed & put off his ſhirt, and cover him warm, but let his bed be well warmed firſt, and a hot double ſheet wrapped about him, and ſo let him ſweat ſeven, eight, or ten hours, as he is able to endure, for the more he doth ſweat the better, becauſe the diſeaſe fadeth away with the ſweat, but if he cannot ſweat, then heat two or three Bricks or Tiles, and wrap them in moiſt cloathes wet with water and ſalt, lay them by his ſides in the bed, and they will cauſe him to ſweat, and as he ſweateth. let it be wiped from his body with dry hot cloathes being conveyed into the bed, and his ſweat being ended, ſhift him into a warm bed with a warm

ſhirt,

ſhirt, and all freſh new cloathes, uſing him very warily for taking of cold, and let his clothes that he did ſweat in be well aired and waſhed, for they be infectious; and let the keepers of the ſick beware of the breath or air of the party in the time of his ſweating, therefore let her muffle her ſelf with double old cloth, wherein is Wormwood, Rue, Fethertew, crums of ſour Bread and Vinegar, and a little Roſe-water, beat all theſe together, and put it into the muffler made new every day while you do keep him, and let the ſick party have of it bound in a cloath to ſmell on while he is in ſweat, then after do it away and take a new, and becauſe he ſhall be faint and diſtempered after his ſickneſs, he ſhall eat no fleſh, nor drink wine the ſpace of nine dayes, but let him uſe theſe conſervatives for his health, as Conſerve of Bugloſs, Borrage, and red Roſes,

Roſes, and eſpecially he ſhall drink three or four dayes after he hath ſweat, morning and evening, three ounces of the juyce of Sorrel mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the heart, alſo if one take the quantity of a Pea of the ſaid Electuary with ſome good Wine, it ſhall keep him from the infection; therefore when one is ſick in the houſe of the Plague, then ſo ſoon as you can, give all the whole houſeſhold ſome of this Receipt to drink, and his keeper alſo, and it ſhall preſerve them from the infection, yet keep the whole from the ſick as much as you can, beware of the cloaths and bed that the ſick party did ſweat in.

To make Balm water.

Take four gallons of ſtrong Ale and ſtale, half a pound of Liquorice, two pound of Balm, two ounces,

ces, of Figs, half a pound of Anniſe-ſeeds, one ounce of Nutmegs, ſhred the Balm and Figgs very ſmall, and let them ſtand ſteeping four and twenty hours, and then put it in a ſtil as you uſe *Aqua vitæ*.

To make Doctor Stevens *Water.*

Take one gallon of good Gaſcoin Wine, of Ginger, Galingal, Nut megs, Grains, Anniſe-ſeeds, Fennel ſeeds, Carraway-ſeeds, Sage, Mints, red Roſes, garden Thyme, Pellitory, Roſemary, wild Thyme, Penny-royall, Cāmomil, Lavender, of each one handful, bray your Spices ſmall, and chop the hearbs before named, and put them with the ſpices into the Wine, and let it ſtand twelve hours, ſtirring it very often, then ſtill it in a Limbeck, cloſed up with courſe paſte, ſo that no air enter, keep the firſt water by it ſelf, it is good ſo long as it will burn.

An

An Ointment for any strain in the Joynts, or for any sore.

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three hours, then take the cleerest of the butter, and put into a Posnet, then take the tops of red Nettles as much as will be moistned with the Butter, and chop them very small, and put them into the Butter, set it on the fire, and boil it softly five or six hours, and when it is so boiled put thereto half a pint of pure oyl Olive, and then boil it a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

If you think good, instead of Nettles only, you may take these hearbs, Cammomil, Rosemary, Lavender, Tun-hoof, otherwise Ale-hoof, Five-finger, Vervain, and Nettle-tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boil it in Beer untill the Beer look black, and then take a good draught and put it into a pot, then take six spoonfuls of Sallade Oil, for an extream Ague, brew it to and fro in two pots, then drink it, and let the party labour at any exercise untill he sweat, then let him lye down upon a bed very warm untill he hath done sweating, this do three times when the Ague cometh upon him.

A Pouder against the wind in the Stomack.

Take Ginger, Cinnamon, and Gallingall, of each two ounces, Anise-seeds, Carraway, and Fennel-seeds, of each one ounce, long Pepper, Grains, Mace, and Nutmegs, of each half an ounce, Setwell half a drachm, make all in pouder, and put thereto one pound of white Sugar, and

and uſe this after your meat, or before at your pleaſure, at all times; it comforteth the ſtomack marvelouſly, carrieth away wind, and cauſeth a good digeſtion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyle, put thereto a quarter of a ſpoonful of Engliſh Honey, half a handful of Daiſies leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Mortar, and put thereto one ſpoonful of womans Milk, and let it ſtand infuſed, two or three houres, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For blood ſhotten and ſore Eyes, comiing of heat.

Take *Tutty*, of *Alexandria*, or *Lapis Tutty*, one ounce, beat it unto fine

fine pouder, and temper it with a quart of white wine, put thereto one ounce of dried Roſe-leaves, and boil them all together with a ſoft fire untill one half be conſumed, then ſtrain it through a fine linnen cloth, and keep it in a Glaſſe, and uſe it evening and morning, and put it into the ſore eyes with a feather, or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſe-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay-leaves, of each one handful, one Oxe gall, one pint of Neats-foot oil, put al theſe together, and

and let them ſtand two or three dayes, and let them boil upon a very ſoft fire, then put in of Deers-ſuet a good quantity, ſtrain them, and put them into a pot, and ſo annoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigneſs of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyſop water, and Fennel-water, of each half a pint, of ſliced Liquorice, and Sugar, of each a pretty quantity, ſeeth them eaſily over a good fire; ſtrain it, and let them take a little hereof at once, and often; you may diſſolve Pellets therein, and you may annoint their cheſt with oyl of Almonds, and a little Wax.

A Medi-

A Medicine for ſore eyes.

Take red Fennel and Celendine, of each one handful, ſtamp and ſtrain them, that done, take five ſpoonfuls of Honey, and white Copperas the quantity of one Pea, Roſe-water five ſpoonfuls, boil all theſe together in an earthen pot, skim it well, and clarifie it with the white of an Egg; this is an excellent Medicine to clear the ſight of the eye, if there be any thing in the eye ſuperfluous to hinder the ſight, but if there be nothing but heat, it is nothing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage and red Sage of each a handful, ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine as the juyce thereof, and let the party drink it warm, and if it keep within him four and twenty hours after he will recover; if he be bound in

in the body, let him take three ſpoonfuls of Sirrup of Damask Roſes, and two ſpoonfuls of Sallade oil, and drink it faſting, and an hour after let the party take ſome warm broth.

For the Spleen.

Take of Lavender, Fennel, Parſley, Cammomile, Thyme, Wormwood, Angellica, of each one handfull, of Sage, and Rue, one handful, of Anniſe-ſeeds, and Fennel-ſeeds, of each one handful, of Cummin-ſeeds two handfuls, of Cloves four ſpoonfuls, and of Mace two ſpoonfuls, gather theſe hearbs in the heat of the day, and dry them in the Sun two dayes, laying them very thin on a ſheet, and bruiſe the ſeed groſſely, and ſteep them in as much Sallade oyle as will cover all theſe things, and ſomewhat more, and ſet them in the Sun ten dayes, which being done, ſtrain your oyle from

your Hearbs and your Spices, and then infuſe it once again as before with Hearbs and Spices in like manner, and to that oyle thus infuſed or ſtrained, add bitter Almonds, and oyle of Capers half a pint, then take a quarter of a ſpoonful of the ſaid Oil, and put it in your hands, your hands being warm, rub them together, and annoint and rub the patient grieved with both your hands, the one on the right ſide, the other on the left, from the loyns down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly; and continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of ſheeps Suet, the white of Hen-dung, and freſh greaſe, boil all theſe together, ſtrain it and annoint the party with a feather.

For

For the Emerhoids and Piles.

Take juyce of Elder, May-butter, and Deers-suet, melt them, letting the juyce and the butter simper, and then put the Suet to them, make them in pills, and if you make a suppositor, you must put in more Deers-suet.

For the Canker in the mouth or nose.

Take the ashes of green leaves of Holly, with half so much of the burnt pouder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the Fit beginneth to take them, take the pouder of white Amber, and burn it in a Chafing-dish of coales, and let them hold their mouthes over it, and suck in the smoake, and annoint their nostrils with the oyl of Amber, and if they be not with child, take two or three

drops of the oil of Amber in white Wine warm or cold, but the oyl of Amber muſt be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicine for the Worms.

Take one penniworth of Aloes, with the like quantity of Oxe-gall and Mithridate, mix them together, and lay them to the childs navell upon a plaiſter.

A Preſervative againſt the Plague.

Take one dry Walnut, take off the ſhell and peel, cut it ſmall, and with a branch of Rue ſhred fine, and a little Wine Vinegar and Salt, put all into a ſliced Fig, take it up faſting, and then you may drink a little Wormwood after it, and goe where you liſt.

A Pill for thoſe that are infected.

Take of Aloes-Succatrina half an ounce, of Myrrh, and Engliſh Saffron, of each a quarter of an ounce,

ounce, beat them into ſmall pouder, with Malmſey, or a little Sack. or Dioſcoridon, make two or three ſmall pills thereof, and take them faſting.

A Poulteſſe to breake a Plague-Sore.

Take a white Lilly root, and ſeeth it in a penniworth of Linſeed, and a pretty quantity of Barrows greaſe, beat the Linſeed firſt very ſoft, afterwards beat all together in a mortar, make thereof a plaiſter.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves ſtampt together, with a ſufficient quantity of Pimpernel-water, make up all theſe together in a maſs or lump, and keep it in a glaſſe or pot for your uſe, take the

quantity of twelve grains fasting in the morning, and it will not onely preserve from the Pestilence, but expell from those that are infected.

Against a Tertian Ague.

Take *Dandillion* clean washed, stamp it and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the patient drink of it fasting upon his well day, & walk upon it as long as he is able, this hath been approved good for an Ague that cometh every second day.

Against the wind.

Take Cummin-seeds, and steep them in Sack four and twenty hours, dry them by the fire, and hull them, then take Fennel-seed, Carraway-seed, and Annise-seeds, beat all these together, and take every morning half

half a ſpoonful in broth or beer faſting.

Another.

Take Enula Campana, grate it, and drink half a ſpoonful faſting.

For the Sting of an Adder.

Take a head of Garlick, and bruiſe it with ſome Rue, and ſome Honey thereto, and if you will ſome Triacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boil it with unwaſht butter to an Ointment.

A Medicine for a Woman that hath a dead Child, or for the after-birth after diliverance.

Take Date-ſtones, dry them and beat them to pouder, then take Cummin-ſeed, Grains and Engliſh Saffron, make them in a pouder, and put them altogether in like

quantity, ſaving leſſe of the Saffron then of the reſt, then ſearce them very finely, and when need is to drink it, take a ſpoonful at once with a little Malmſie, and drink it Milk-warm, it is good to bring forth a dead child, or for the after-birth, or if the Woman have any riſing in her ſtomack, or fluſhing in her face during her child-birth the Date-ſtones with round holes in the ſides are the beſt; if you put a quantity of white Amber beaten amongſt the pouder, it will be better.

To make the beſt Paracelſus *Salve.*

Take of Litharge of Gold and Silver, of each three ounces, and put to it one pound and half of good Sallade oyle, and as much of Linſeed oyle, put it into a large earthen veſſel well leaded, of the faſhion of a Milk-boul, or a great Baion, ſet it over a gentle fire, and keep it ſtir-

ring

ring till it begin to boil, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual ſtirring, and let it boil two hours, or ſo long till it be ſomething thick, which you may know by droping a little of it upon a cold board or ſtone, then take a Skillet, and put into it a pound of yellow wax, as much black Roſin, half a pound of Gum Sandrach, of yellow Amber, Olibanum, Myrth, of *Aloes hepatica*, of both the kinds of *Araſtolochias* round and long, of every of theſe in fine pouder ſearced one ounce, of *Mammir* one ounce and a half, of oyle of Bayes, half a pound, of oyle of Juniper ſix ounces, diſſolve all theſe together in the aforeſaid Skillet, and then put them to the former plaiſter, ſet it over a gentle fire; and keep it with ſtirring till it boil a little. Then take your five Gums,

Pepanax, Galbanum, Sapagenum, Ammoniacum, and Bdelium, of each of these three ounces, which must be dissolved in white Wine-Vinegar, and strained, and the Vinegar exasperated from them, before you go about the plaister let there be three ounces of each of them when they are thus prepared, then when the plaister hath gently boiled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boil a very little, but before it boil be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readiness, take of both the Corrals red and white, of Mother of Pearl, Dragons

Blood

blood, *Terra lemnia*, of white Vitriol, of each of them one ounce, of *Lapis hematitis*, and of the Load-stone, of each of them one ounce and a half, of the flowers of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, and of common Turpentine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and fully searced, then put them all together among the former things, and again set it over the fire with a moderate heat, and gentle to boil, till it be in the form of a plaister, which you may know by droping it on a cold piece of wood, or stone, or iron, you must also remmember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you roul it on, be annointed with the oil of Saint-*Johns*-Wort, and

and of each Worms and Juniper, Cammomile and Roſes together, wrap it in Parchment, or Leather, and keep it for your uſe.

Memorandum, That the Camphire be diſſolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Oyntment for any ſtrain in the Joynts, or for any Sore.

Take three pound of freſh Butter unwaſhed, and ſet it into an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the Butter, and put into a poſnet, then take the tops of red Nettles, and chop them very ſmall, and put ſo many Nettles to the Butter, as will be moiſtned with the Butter, and ſo ſet it one the fire, and boil it ſoftly five or ſix hours, and when it is ſo boiled,

boiled, put thereto half a pint of the best Oil Olive, and then make it boil a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

Mr. Ashleys *Ointment.*

Take six pound of *May* Butter unsalted, one quart of Sallade oil, four pound of Barrowes grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense: To this rate take these hearbs following, of each a handfull, *viz.* Smallage, Balm, Lorage, red Sage, Lavender, Lavender-cotten, Hearb-grace, Parsley, Cumfry called Bonefet, Sorrel, Laurel-leaves, Beech-leaves, Lungwort, Marjoram, Rosemary, Mallows, Cammomile, Saint-*Johns*-wort, Plantain Allheal, Chickweed, English Tobacco, or else Henbane, Grumsell, Woundwort, Bettony, Agrimony,

grimony, *Carduus Benedictus*, wild Wine, or white Wine, called Brian, Adders-tongue, Mellilot, pick all these hearbs clean, wash them, strain them clean from the water, all these must be gathered after the Sun rise, then stamp all these hearbs in a stone or woodden mortar so small as possibly may be, then take your Rosin and beat it to pouder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs-grease and Oyle, and when all is melted, put in your Hearbs, and let them all boile together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire put in your Turpentine, and two ounces of Verdigriece very finly beaten to pouder, and when you put in your Turpentine and Verdigriece, stir

it

it well, or elſe it will run over, and ſo ſtir until it leave boyling: Then put it in a earthen pot, ſtopping the pot very cloſe with a cloath and a board on the top, and ſet it in a dunghill of Horſe muck twenty one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth into an earthen or gally-pot, and when all is ſtrained, put to it half a pound of oyl of Spike, and cover the pot cloſe until you uſe it, and when you uſe it, make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for any Ach in the Joynts whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, Olibanum, and Maſtick, of each one ounce, Wax, Deers-Suet, Turpentine, of each two ounces, Camphire,

two

two drachms, beat the Olibanum, Maſtick, Roſin, and Fraukincenſe, and Champhire into pouder, then put it in a braſs pan with a pottle of white Wine, and put in the Wax, and Deer-ſuet into it, and when it doth boil put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it ſtand and cool untill the next day, then work it with your hand to work out the wine, annointing your hands firſt with oyl, then make it up it rouls, then as need ſhall ſerve, take thereof and ſpread it with a warm knife upon a fleſhy ſide of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it ſelf, pricking the plaiſter full of holes.

A Searcloath to be uſed againſt Carbuncles, red Sores, Biles, Swellings, or any hot cauſes.

Take a wine pint of pure Sallade oyl,

oyl, and put it into an earthen pot that is very large, and ſet it upon a very ſoft fire of Charcoal, and when it beginneth to boil, ſtir it with a Haſel ſtick of one years ſhooting, then put into it two ounces of *Venice* Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boile very ſoftly, ſtirring it continually with this Hazle ſtick for the ſpace of two or three houres; you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oyl of Bays, then let it boil again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad untill they be cold upon a board,

board, then roul them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lye twelve hours, then take it off and wipe it, and lay the other ſide, and let that lye as long.

Plague Water to be taken three times, for the firſt helpeth not.

Take a gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of theſe Hearbs following, Roſewater a quarter of a pint, Rue, Sage, Vervin, Egrimony, Bettony, Celendine, Carduus, Angelica, Pimpernel, Scabious, Valerian, Wormwood, Dragons, Mugwort, all theſe Hearbs muſt you ſhred in groſſe together, and ſteep it in the aforeſaid liquor, the night before you diſtill it in a Roſe-water Still, and then keep the firſt water by it ſelf, being the weaker, and therefore fit-

ter

er for Children; it helpeth all Fe-vers, Agues and plagues being thus taken, seven spoonfuls or there-about of the strongest blood-warm, and give it to the party to drink in an Ague or Fever, an hour before the Fit come, and so to sweat, either by exercise, or in your bed, but your stomack must be empty, and if it be taken for the plague, then put into a little Diascordium or Mi-thridate.

A defensive Plaister.

Take the white of an Egg, and Sole Armoniack, spread it on lea-ther.

A Sirrup for a Cold.

Take Colts-foot-Water, Hisop-water, and Honey, put Liquorice, Anise-seeds, Elecampane, put there-to the juyce of Fennell, and boil them.

To

To ſtay the bleeding of a wound.

Take Charcoal, red hot out of the fire and beat it to pouder.

A Ponlteſſe.

Take Milk, Oatmeal, and red Roſe leaves, and a little Deers-Suet.

For the running of the Reins.

Take Cups of Acorns and grate them, and grate ſome Nutmeg, put this in Beer and drink.

For a Poulteſs.

Take Linſeed and beat it to pouder, boil it in Milk with Mallows and Sheeps-Suet.

For a Blaſt.

Take a good quantity of Vervin and boil it in Milk, and waſh the blaſt therewith very well, then bind the hearbs very cloſe to it ſome few hours, after waſh it again the milk being warmed, and ſo bind it up again, the oftener it is done the better, and in a day or two it will be well

well, if it be taken before it feſter.

Another.

Take a good quantity of Veri-on being green, with as much Dill, chop them together, and boil them in Bores greaſe as much as will co-er them, and for want thereof ſo uch *May* butter, and when they be oiled together, let them ſtand two r three dayes, and then boil it a lit-e, and ſo ſtrain it through a cloath.

A Balſamum.

Take it in the latter end of *Septem-er*, good ſtore of Honeyſuckle-ber-es and put them in a body of a laſs Still ſtopped, and ſet it in hot orſe-dung eight dayes, diſtill it Balneo, then when you have awnthe water forth, pour the wa-r into the ſtuff again, ſtop it cloſe, d put it into the dung four and enty hours, then ſet it in aſhes, d diſtil both water and oyl with a great

To ſtay the bleeding of a wound.

Take Charcoal, red hot out of the fire and beat it to pouder.

A Pontteſſe.

Take Milk, Oatmeal, and red Roſe leaves, and a little Deers-Suet

For the running of the Reins.

Take Cups of Acorns and grate them, and grate ſome Nutmeg, put this in Beer and drink.

For a Poulteſs.

Take Linſeed and beat it to pouder, boil it in Milk with Mallowes and Sheeps-Suet.

For a Blaſt.

Take a good quantity of Vervin and boil it in Milk, and waſh the blaſt therewith very well, then bind the hearbs very cloſe to it ſome few hours, after waſh it again the milk being warmed, and ſo bind it on again, the oftener it is done the better, and in a day or two it will be well

ll, if it be taken before it feſter.

Another.

Take a good quantity of Veri-
on being green, with as much Dill,
hop them together, and boil them
Bores greaſe as much as will co-
them, and for want thereof ſo
ch *May* butter, and when they be
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nty hours, then ſet it in aſhes,
diſtil both water and oyl with
a great

a great fire, as much as will come forth, and at last separate the water from the oil in Balneo.

To make an excellent Oil of Hypericon.

Take flowers, leaves and seeds of Hypericon, as much as you list, beat them together, and infuse them in white Wine, that they may be covered therewith, and set them in the Sun for ten dayes, then put thereto so much Oyle Olive as all the rest do weigh, and let it stand ten dayes more in the Sun, but look that you weigh the Oyl to know how much it is, then put thereto for every pound of Oyl two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves of each half an ounce, of Myrrh, and Rosin, of each an ounce, and of the root of Briony two ounces put them all in a vessel of glass, and mix them well together, and set them

them in a veſſel of hot water, and then ſet thereto a head of glaſs and Receiver well ſhut, and boil it ſo long until no more will diſtill from it, which will be about twenty four hours, then take it out and ſtrain it whilſt it is hot, and keep it in a veſſell of glaſs, and when you firſt uſe it, heat it well, and apply it upon a wound without uſing any ſalve at all, this is excellent for a green wound, eſpecially if there be veins, ſinewes, or bones offended by cut, it keepeth wounds from putrifaction, it cleanſeth them, and eaſeth pain, and doth incarnate and skin them, it helpeth bruiſes, pains, aches, or ſwelling in any part, and is wonderful good againſt venome or poyſon.

For the Falling-ſickneſs.

Take the roots of ſingle Pionies eate them, drink them, and wear ſome of them about your neck.

For

For the kibed heels.

Take a Turnip, make a hole in the top of it, take out some of the pith, infuse into that hole oyle of Roses, then stop close the hole, roast the Turnip under the embers, when it is soft, apply it plaister-wise warm to the Kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore eyes.

Take one pound of Salt-peter, boil it in a Goldsmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or sixpenny weight of Roch Allum, and a quarter of an ounce of Brimstone, break them and put them in the Salt-peter by little at once as it boileth, and let it burn till the flame go out of it self, then pour it into a brass Ladle, or into a Chafer, and so let it stand till it be cold,

cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold downe the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all sores and blood-shed, it also helpeth the toath-ach, being put into the hollow tooth, with a little lint, if the tooth be not hollow, rub it outward: Finally, it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds, and a handful of Dock-roots the pith taken out, and boil them in strong Ale untill they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and toast it, then grind it to pouder, and take as much

as will lye upon a ſixpence, and keep warm that day, the next day eat conſerve of Roſes, mixed with Corral, and drink that day if you will, poſſet-Ale made of Cammomile.

For the Itch.

Take a pound of Butter, unwaſhed and unſalted, three good handfuls of red Sage, and as much Brimſtone beaten into pouder, as a Walnut, boil theſe well together, and ſtrain it, and put in half a ounce of Ginger beaten ſmall.

For ſore eyes.

Take new Hens dung out of the neſt, and put it into an Oven almoſt cold, let it lye there all night, and take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in

the morning, and waſh it out with water.

A water for ſore Eyes.

Take a pint of fair running water, of wild Daiſies, and three leaved Graſſe, of each a good handful, waſh the hearbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, untill the water look green, then take a little piece of Allum and put into the water, and when it is boiling, then taſte of the water, and when it ſticks to the mouth, take as much honey as will make it very ſweet, then after it hath boiled a little while, take it off the fire, ſtrain it, and drop a little every night into the eyes.

An approved Application againſt any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your

hand, toaſt it very well, then take of Sallade oyle and Claret wine of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it, when the toaſt is well ſoak'd, ſtrew the pouder of Cloves, and Mace hereupon thick, then apply it to the ſtomack of the patient as warm as he can endure it, it will purge upwards and downwards, ſo often as you apply a freſh toaſt made as aforeſaid, that may be applied ſo often as any one findeth their ſtomack ill at eaſe, although then it will not purge, except in caſe of a ſurfeit.

A Medicine againſt the Plague.

Take of the root called Setwel, the quantity of half a Walnut, and grate it, of Triacle green one good ſpoonful, of fair water three ſpoonfuls, make all theſe more than luke-warm, and ſo drink them off in bed,

bed, and sweat six or seven hours, and in your sweat drink small posset Ale, made of small drink as you need, but not till an houre and half after the taking of the potion, and it will bring forth the plague, for if you cast the medicine, you may take it the second, third, or fourth time, by the whole, half, or lesse measure, as your stomack will bear it: if any do take it, and thereupon happen presently amendment, or a rising or sore, you may think it to be the sickness, for the nature of the medicine is to prevent the plague, and in others to expell the sore, if it be not taken too late, in which case the stomack will not brook it easily, and after two or three times taking, if you minister it to any, let it be at their first sickness, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and ſtill it in a glaſſe Still, it is a good Medicine to ſtop blood, and for the heat and redneſs of the face, and good to cure green wounds.

For the Tooth-ach.

Take Sparemints, and Ground-Ivy, of each a handfull, and a good ſpoonful of Bay Salt, ſtamp all theſe very well together, and boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil all together untill they come to a quarter of a pint, then ſtrain it, and put it into a glaſſe, and ſtop it very cloſe, when your teeth do ake, take a ſpoonful of it blood-warm, and hold it in your mouth on that ſide the pain is.

To make teeth ſtand faſt.

Take Roots of Vervin in cold wine, and waſh the teeth therewith.

For the perillous Cough.

Take white Horehound, ſtamp it, wring out the juyce, and mingle it with honey, and ſeeth it, and give it to the ſick to drink, or elſe Sack, and Garlick-ſeed, and roaſt it in the fire, and take away the peeling, and eat the reſt with Honey, or elſe take Sage, Rue, Cummin, and pouder of Pepper, and ſeeth al theſe together in honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Hearbs, an put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a Veſſel wherein

it may cool, and then take twenty or thirty Almonds, blanch them and beat them in a mortar, and when the water is cold put it to the Almonds, and ſtrain it through a clean Cipris bag without compulſion, and if it be thick, let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe Epaticum*, and *Aloe Succatrina*, fine Cinnamon and Myrrh, of each of them three drachms, Clovs, Mace, *Lignum aloe*, Maſtick, *Bole Armoniack*, of each of them half a drachm, let all theſe things be well ſtamped in a Mortar, then mingle them togehher, and after keep them in ſome cloſe veſſel, and take of it every morning two penny-weight, in half a glaſs full of white Wine, with a little water, and drink it in the morning at the dawning of the

the day, and ſo may you by the grace of God, go ſafely into all infection of the air and plague.

For a Tetter or Ring-worme.

Take Mercury a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair Porrenger, then take and mix them with the water of the Vine four or five ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of a ounce, beat that in a ſtone Mortar with a ſpoonful of the water of the Vine, putting a little and a little till you have ſpent the quantity of a pint, then put to half an ounce of the milk of Cokernut, ſo mix them well together with your Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſs for your uſe.

To keep ones body loose whensoever you need.

Take two ounces of Sirrup of Roſes, one ounce of Sene, one penny-worth of Annis-ſeeds, one ſtick of Liquorice, one pint of Poſtum water, ſeeth them all together till it ſeeth to half a pint, then ſtrain them forth, then boil the two ounces of Sirrup of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into ſmall pouder, ſearce it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight, mingle them together in clean clarified Capons greaſe, aud temper them well together, untill they be well mollified, and then put them in a little Camphire

phire to the quantity of a Bean, and ſo put the whole confection in a glaſs.

For a young Child to make Water.

Boil Organy in fair Water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot embers or aſhes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place and rid you of your pain.

A Medicine for the heat of the ſoles of the feet, that cometh by rheum or blood.

Take a quantity of Snails of the garden, and boil them in ſtale urine, then let the patient bath and ſet his feet therein, and uſing that often he ſhall be cured.

Gaſcoins

Gaſcoins *own Pouder.*

Take of pouder of Pearl, of red Corral, of Crabs-eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine pouder, and ſearce them, then take ſo much of the black toes of the Crabs claws as of all the reſt of the pouders, for that is the chief worker, beat them, and ſearce them finely as you do the reſt, then weigh them ſeverally, and take as much of the toes as you do of all the reſt of the five pouders, and mingle them well together, and make them up in balls with jelly of Harts-horn, whereinto put or infuſe a ſmall quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your uſe.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The

The dose is ten or twelve grains in Dragon water, Carduus water, or some other cordial water.

The Apothecaries in their composition of it, use to put in a drachm of good Oriental Bezar to the other pouders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gascon*, and that the Bezar, Musk, and Ambergriece, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The Apothecaries Gascon pouder, *with the use.*

Take of Pearles, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighes of Crabs calcined, two ounces, to every ounce of this pouder put a drachm of Oriental Bezar; reduce them all into very fine

fine pouder, and ſearce them, and with Hearts-horn jelly, with a little Saffron put therein, make it up into paſte, and make therewith Lozanges, or Trochiſes for your uſe,

You muſt get your Crabs for this pouder about *May*, or in *September*, before they ſhall be boyled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor ſun.

Their doſe is ten or twelve grains, as before preſcribed in the former page.

The pouder preſcribed by the Doctors in their laſt London *Diſpenſatory* 1650. *called the pouder of Crabs-claws.*

Take of prepared Pearls, eyes or ſtones of Crabs, of red Corral, of white Amber, of Hearts-horn, of Oriental Bezar-ſtone, of each half an ounce, of the pouder of the black tops of the Crabs-Claws to the weight

weight of all the former; make them all into pouder, according to Art, and with jelly made with the skins or caſtings of our Vipers, make it up into ſmall Tablets, or Trochiſes, which you muſt warily dry, as before preſcribed, and reſerve for your uſe.

The Counteſs of Kents *pouder, good againſt all maligant and peſtilent Diſeaſes; French Pox, Small Pox, Meaſels, Plague, Peſtilence, maligant, or ſcarlet Fevers; good againſt Melancholly, dejection of Spirits; twenty or thirty grains hereof being exhibited in a little warm Sack, or Hearts-horn jelly, to a man, and half as much, or twelve grains to a child.*

Take of the Magiſtery of Pearls, of Crabs-eyes prepared, of white Amber prepared, Hearts-horn, Magiſtery of white Corral, of *Lapis contra.*

contra Yarvam, of each a like quantity, to theſe pouders infuſed put of the black tips of the great clawes of Crabs, the full weight of the reſt, beat theſe all into very fine pouder, and ſcarce them through a fine Lawn Searce, to every ounce of this pouder add a drachm of true Orientall Bezar, make all theſe up into a lump, or maſſe, with the jelly of Harts-horn, and colour it with Safforn, putting thereto a ſcruple of Ambergriece, and a little Musk alſo finely poudered, and dry them (made up into ſmall Trochiſes) neither by fire nor Sun, but by a dry air; and you may give to a man twenty graines of it, and to a Child twelve grains.

The vertues of a Root called Contra yerva, *being made into fine Pouder.*

1. It withſtands the plague being taken in Triacle water.

2. It

2. It is good in all Peſtilent diſeaſes, taken in poſſet drink with Saffron.

3. It is good againſt a Fever, taken in *Carduus* water.

4. It is great Antidote againſt all poyſons, taken in Sallade oyl.

5. It doth cure the biting of a mad dog, drunk in Roſe Vinegar, and then drink nothing elſe but ſpring water during the cure.

6. It cauſeth a ſpeedy delivery, given in Balm water, Bittony water, or in burnt Wine.

7. It doth take away the after-throws, given in the ſame liquors.

8. It is a good Cordial in all fits of the Mother, given in Rue water.

9. It is very ſoveraign in ſwouning fits given in Sack, or Borrage water.

10. It is very powerful to withſtand all melancholly, given in Sack.

11. It

11. It doth help Convulsions in Children given in Spring water.

12. It helpeth the Worms given in Goats milk.

13. It is good for a short breath, given in Rue-water.

14. It helpeth the Head pain, given in Rue water, or Rosemary water.

15. It helpeth the yellow Jaundice, given in Cellendine water.

16. It is very powerful in the Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage water.

18. It withstandeth the growing of the Stone in the Rains, given in Renish Wine.

19. It causeth a good and quiet sleep taken in white Wine.

20. It is a great preserver of Health, and means of long life, taken sometimes in Meade.

21. It may be used as Triacle, or Bezar against Surfeits. 22. It

22. It is a general upon all occasions, and may be given at all times, when you do not know what the disease is, in any of the aforesaid liquors.

The dose for a man or woman, is from one scruple, to two scruples, and a boy or girle twelve or fourteen grains, in convenient liquors.

THE

THE EPISTLE.

Friend,

BEing given to understand, that you were Reprinting the Countess of Kents Manual; *I thought good to communicate unto you, for the more accomplishment of your second Impression, the vertues of some select Cordial Spirits, of very great use in weak and sickly persons, which were first composed by Sir* Walter Raleigh, *during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their several occasions and necessities, and were imparted to me, by Captain* Samuel King, *who lived long time with him in the Tower, and in his expeditions; this* King *being*

being my loving Friend, and School-fellow, both in Canterbury *and* Westminster *Schools; I have also inserted hereunto certain Experiments of* Gascons *Pouder, or the Countesses, for their operations are much of the same nature, which have many times with very happy success been tried, upon several persons by my self, and divers others by my directions, assuring my self, it will be of very great use and benefit to such persons as shall have need of such helps and comforts; and so rest.*

Your Friend,

W. J.

The

The Vertues of Aqua Bezoar.

IT is good againſt contagious diſeaſes, as Plague, Purples, ſpotted Fevers, ſmall Pox, and Meaſels.

The order to take it, is with *Carduus Benedictus*, or Angelica in poſſet Ale, and ſo ſweat moderately upon the taking of it; It is good againſt Surfeits, and eaſeth the ſtomack oppreſt with wind, crude flegm, and ſuperfluities, and helpeth digeſtion.

The doſe is from two to three ſpoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to reſtore one in any weakneſs, chiefly of the back: It preſerveth againſt the Conſumption and Ptiſick; It comforteth the heart, and increaſeth radical moiſture;

ſture; It alſo ſtrengtheneth Child-bearing Women after their delivery.

The doſe is one or two ſpoonfuls morning and evening.

The vertues of Aqua Mariæ.

It is good for all infirmities of the Spleen, and to open the obſtructions thereof, it comforteth the vitall parts, and is good againſt all paſſions of the heart; it preſerveth the meat in the ſtomack from putrifaction; It helpeth digeſtion, and expelleth wind.

The doſe is one ſpoonful at one time.

The vertues of Flowers of Roſemary.

It is good againſt all infirmities of the ſtomack, and to ſuppreſs all offenſive fumes riſing up from thence to the head, keeping them down, and helpeth memory; It openeth all ſtoppings of the Liver and

and Milt, it preventeth *Vertigo*, *Scotomia*, Palsies, Appoplexes, diseases of that kind arising from cold humors; it breaketh wind and easeth the Chollick.

The dose is one spoonful at one time.

The vertues of Spirit of Mint.

It is good for the stomack, and strengthens the retentive faculty, good against vomiting, and all passions of the heart, it comforteth the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for Melancholly.

The dose is from one to two spoonfuls

The vertues of Aqua Theriacalis.

It is good against all diseases of the Spleen whatsoever; It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

The

The dose is one spoonful to prevent, and three to the infected, who ought to sweat after taking it.

The vertues of Spirit of Saffron.

It is good to comfort the vitall Spirits, passions, trembling, and pensiveness of the heart, and helpeth all malignity oppressing it, and expelleth wind, suppresseth fumes which arise from the Spleen, and go up to the head, and openeth the obstructions of it; it is excellent against all melancholly, and very good for women in travell, for it comforeth and hasteneth delivery.

The dose is morning and evening one spoonfull for three dayes together.

Vertues of Spirit of Roses.

It is good to open the obstruction of the Lungs, and preventeth Consumptions, and other infirmities of that nature, it preserveth from putrifaction, and keepeth the

breath from being corrupted.

The doſe is a ſpoonfull at noon, at foure in the afternoon, and as much at bed time.

The vertue of the Spirit of Diaſatyrion.

The Spirit made of *Diaſatyrion magis gratum*, perſcribed in the laſt *London* Diſpenſatory, comforteth and much reſtoreth decayed nature, ſtrengtheneth the weak back, increaſeth ſeed, and advanceth generation, being taken thrice a day a ſpoonful at a time, that is, in the morning faſting, at four in the afternoon, and laſt at bedward, with this caution, that the weak parties abſtain from veneriall acts till after their firſt ſleep.

The doſe is one ſpoonful at one time.

The vertue of the Spirit of Strawberries.

It is excellent good to purifie and cleanſe

cleanſe the blood; it preſerveth from, and alſo cureth the yellow Jaundice, and deoppilateth the obſtruction of the Spleen; It keepeth the body in a ſweet temperateneſs, and refreſheth the ſpirits.

The doſe is a ſpoonful at a time, when need requireth any of thoſe helps for the aforeſaid diſeaſes.

Spirit of Confection of Alkermes *vertues.*

It is an excellent comforter of the Spirits vitall, naturall, and animall, in weak and delicate perſons, and againſt all trembling, penſiveneſſe, and ſudden qualms of the heart.

The doſe is one ſpoonful at one time.

The vertue of Spirit of Comfry.

It hath all the vertues which Spi- of Clary hath, only it is of grea-

ter efficacie in inward hurts, bruiſes and ruptures.

The doſe is one ſpoonful at one time

Extract of Ambergriece.

Take a drachm of Ambergriece, grinde it very ſmall on a Painters ſtone, then put it into a boult-head, then take of the beſt Spirit of Wine, either Canary, or Malligo Sack, half a pound, of Spirit of Clary, two ounces, mingle them well together and pour of the Menſtrua one pint to this proportion of Amber, ſet them to digeſt in a gentle Balneo about eight hours, ſhaking it together three or four times, then take it out, and being cold, pour it forth and put almoſt as much more of the mixed Spirits, digeſted as before in a gentle heat by Baineo, then put it forth to the firſt extracted; and adde half as much more Spirits the third time, [illegible] again; and

then have you extracted all the speciall part of the Amber, and leave nothing, but black dead earth of no value.

Then take a pint of the Spirit of what Hearb you will use, and dissolve therein one pound of pure white Sugar-candy, or at the least twelve ounces, very finely poudered and searced through a fine Searcer, for the speedier resolution thereof, it is best to dissolve it cold; this resolution must be twice filtered through a thin cap paper, to make it very perfect clear: then take three parts of this dulcified Spirit, to one of your Extracts of Amber, drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear; one drachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of

Spirit of Mints, or Clary, or the like, and give it a moſt excellent taſte and efficatious vertues.

Several Experiments made of the Counteſſe of Kents, *or of* Galcons *Pouder, by a Profeſſor of Phyſick.*

1. A Child aged about five years, troubled much with flegme, and drawning on (as the Parents conceived) to his end, with ten grains of this Pouder, exhibited in a ſpecifical vehicle, to the proportion of one ſpoonful, about ſeven of the clock at night, with the like doſe exhibited the next morning, was within three dayes ſpace perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being ſuddenly ſuppriſed with dangerous Fits, and trembling of the heart, with twelve grains of this Pouder exhibited in a ſpoonful of

of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about five years, being ſuddenly taken ſo ill, that the Parents feared the life of the Child, with ten grains of this Pouder exhibited in a ſpoonful of Cordial Spirit, being laid down, and well covered (we ſuſpected it would prove to be the ſmall Pox) became within two or three hours ſomewhat chearful: and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about ſixteen, being taken with ſuddaine qualmes about his ſtomack and heart, with ten grains of this pouder exhibited in a ſpoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three yeares old being troubled with grievous torments, and gripings in the belly with wind, with nine grains of this Pouder, exhibited with two drops of ſpecifical Oyl againſt the Chollick, in a ſpoonful of ſtomak Water, was eaſed in few hours.

6. A Child about ſeven years old, being troubled with Convulſion Fits, with ten grains of this Pouder, mixed with Spirit of Caſtor, and one drop of Oyl of Amber, in a few ſpoonfuls of black Cherry water, annointing the two neck veines near the eares, with a few drops of Oyle of Amber and Cloves, was ſuddainly recovered of his Fit.

7. A Gentlewoman, near forty years old, being oppreſſed with crude and flatuous humors, ſo that her friends thought her departing,

parting, was with twelve grains of this Pouder, and two drops of a Cordial Oyl, exhibited in a ſpoonful of Cordial Water, being had to bed, within three daies recovered, and followed her domeſtick buſineſs.

8. A Youth about twenty years old, much oppreſſed with wind and crudities of ſtomack, with twelve grains of this pouder exhibited in two drops of ſpecificall Chollick Oyl, as in the fifth experiment, with a Cordial Water, was ſpeedily recovered.

9. A Young Maid about eighteen years old, troubled with fits of the Mother, and Convulſive Fits, with twelve grains of this pouder given her in a few ſpoonfuls of Piony-water, gathered and diſtilled in due ſeaſon, with a drop of oyle of Cinnamon, and two of Amber mingled together, being held

held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were set in her head, and small appearance of life) but that onely her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomack, with sixteen grains of *Gascon* pouder, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two several times, that is, at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night, and shortly recovered.

11. A young Woman aged about

bout four and twenty, not without ſome ſuſpition of the plague, having a tumour long while ariſing on her groin, with three ſeverall doſes of *Gaſcon* Pouder, exhibited at three evenings when ſhe diſpoſed for reſt, by twelve grains for every doſe in a ſpoonful of triacle Water, drinking every morning a ſpoonful of Spirit of *S*affron for thoſe three daies together, was perfectly recovered, and followed her domeſtick buſineſs.

Theſe and many other Experiments have I with good ſucceſs tryed, and with Gods bleſſing recovered diverſe ſeveral *P*atients.

This *P*ouder is good againſt ſmall *P*ox, Meaſels, ſpotted or purple Fever, exhibited in ſpecifical Waters, fit for their ſeveral diſeaſes; It is good in ſwouning and paſſions of the heart, ariſing from malignant vapours, or old cauſes, as alſo in the

the plague or peſtilent Fevers, alwaies obſerving to keep the perſons upright, warm, and well covered after their taking it.

The doſe of this pouder in Children, is from eight to twelve grains, in perſons more aged, from twelve to fourteen grains, but exhibite the doſe twice or thrice if need require. In the plague you may uſe a greater quantity, with ſuch medicines as are preſcribed in the *Childs-bearers Cabinet*, and it will not be a miſſe to mingle it with ſome *Aqua Theriacalis*.

The Compoſition of the Oyle called Oleum Magiſtrale, *ſaid to be invented by one named* Aparitius, *a* Spaniard, *being ſpecial good to cleanſe and conſoledate wounds, eſpecially in the head.*

Take a quart of the beſt white wine you can get, of pure old Oyl of Olives

Olives three pound, then put thereto these flowers and hearbs following, of the flowers and leaves of Hypericon half a pound, of *Carduus Benedictus*, of Valerian, of the least Sage of each a quarter of a pound, if it be possible, take the leaves and flowers of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oyl; the next day boil them in a pot well nealed, or in a copper vessel over a soft fire, untill such time as the Wine be all consumed, stirring it alwaies with a spattle; after you have thus done take it from the fire, and strain it, and put to the straining a pound and half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh three ounces, of *Sanguis Draconis* one ounce, and so let it boil till the Incense

cenſe and Myrrh be melted, then take it off, and let it ſtand untill it be cold, then put it into a glaſſe bottle, and ſet it eight or ten dayes in the Sun, and keep it for your uſe.

This Oil, the older it is, the better it is, it muſt be applied to the *Patient* wounded, as hot as may be endured, firſt waſhing the wound with white Wine, boiled with a handful of incenſe to comfort, and wiping it clean with a linnen cloth before you dreſſe it, which muſt be, if it come to any bruiſings or bitings, twice a day, that is, about eight of the clock in the morning in winter, and in ſummer about nine in the morning, and about four in the afternoon, but if they be green wounds you ſhal not need to change it again untill the next day, neither need the *Patient* to obſerve any preciſe diet.

ADDI-

ADDITIONS.

A rare Searcloth, with the Vertues.

Take of Oil-Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Caſtle-Sope four ounces, Oil of Bayes two ounces; put your Oil-Olive in a Pipkin, and put thereto your Oil of Bayes, and your Caſtle-Sope: ſeeth theſe over a gentle fire of embers till it be well mingled, and melted together, then ſtrew a little red Lead, and white, being mingled together in pouder, ſtill ſtirring it with a great ſpater of Wood, and ſo ſtrew in more of your Lead by little and little till all be in, ſtirring it ſtill by the bottom to keep it from burning for an hour and half together, then make the fire ſomewhat bigger, till the redneſs be turned into a gray

a gray colour, but you must not leave stirring it till the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long linnen cloaths, and dip them therein, and make your Sear-cloaths thereof: they will keep twenty years; let your pouder of your Lead be searsed very fine, and shred the Sope small.

The Vertues of this Sear-cloath, are:

Being laid to the Stomack it doth provoke Appetite, and taketh away any pain in the Stomack; being laid to the Belly it is a present remedy for the Cholick; being laid to the Back, it is a present Remedy for the Flux, and running of the Reins, heat of the Kidnies, and weakness of the Back,

Back; it helpeth all Swellings and Bruises, taketh away Aches, it breaketh Fellons, and other Imposthumes, and healeth them; it draweth out any running Humor, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any disease there; it helpeth all old Sores, and will be made in six hours.

For a Surfeit.

Take three pints of Muskadine, one handful of Rue, one handful of red Sage; boil this together three or four walmes: take a quarter of an ounce of Nutmegs, half an ounce of Ginger, two or three corns of long Pepper; beat them all together, and boil them untill the three pints comes to a quart: strain it, and put in it a quarter of an ounce of Methridate, half an ounce of London-Triacle, a quarter of a pint of strong Angellica water,

water, all theſe being well mixed together, put them up into a Glaſs.

It is good for one that hath Surfeited to take three or four ſpoonfuls, keeping themſelves very warm in bed; the ſame quantity taking is good againſt the Smal-Pox, or Meaſles.

It is good againſt the Wind, or pain in the Stomack, taking one ſpoonful in the morning, or any Infection.

An excellent Receit againſt a Cough of a Conſumption.

Take a quarter of a pound of the beſt Honey, a quarter of a pint of Conduit-water, boil them as long as any white ſcum ariſeth, and take it off, then take a quarter of a pound of the beſt blew Currans, put them on the fire in a pint of fair Water: boil them untill they be tender, then pour

pour the Water from them, and bruise them through a hair Seive, & put that Juice, and Honey together: add to it one ounce of the pouder of Liquorice, one ounce of the pouder of Annise seeds; mix all these together, and put them in a gally-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a Knife morning, or evening, as often as the Cough taketh them.

Lucantellions *Balsom, admirable for Wounds, and many other things.*

Take of Venice-Turpentine a pound, Oil-Olive three pints, yellow Wax half a pound, of natural Balsom one ounce, Oil of St. Johnswort one ounce, of red Saunders poudered an ounce, six spoonfuls of Sack: cut the Wax and melt it on the fire, and then lest it catch the fire,

fire, take it off, put in the Turpentine to it, having first washed the Venice-Turpentine thrice with Damask Rose-water, and having mingled your Sallade-Oil with the Sack, put also the Oil to them, and put them all on the fire, & stir it til it begin to boil, for if it boil much it will run over speedily, then suffer it to cool for a night, or more, until the water and Wine be sunk all to the bottom, then make some holes in the stuff that the Water may run out of it, which being done, put it over the fire again, putting to it the Balsom, and the Oil of Saint Johns-wort, and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for use as most precious, for thirty or forty years, or more.

The

The Virtues.

1. It is good to heal any wound inward or outward, being ſquirted warm into the inward Wound, being applyed to an outward Wound with fine lint, or Linnen, annointing alſo thoſe parts thereabouts, it not only taketh away the pain, but alſo keepeth it from any inflammation, and alſo draweth forth all broken Bones, or any other thing that might putrifie or feſter it, ſo that the brains or Inwards, as the Liver, Guts, or part, be not touched, it will heal it in four or five dayes dreſſing, ſo that nothing be applied thereunto.

2. It alſo healeth any Burning and Scalding, and healeth alſo any Bruiſe or Cut, being firſt annointed with the ſaid Oil, and a piece of linnen cloth, or lint dipped in the ſame, being warmed and laid unto the place it will heal it without any Scar remaining.

3. It

3. It helpeth the Head-ach by annointing the Temples and Noſtrils therewith.

4. It is good againſt the wind Cholick, or ſtitch in the Side, applyed thereunto warm with hot clothes, morning and evening together, a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beaſt.

6. It is good againſt the Plague, annointing only the Noſtrils, and the Lips therewith in the morning before you go forth.

7. It alſo healeth a Fiſtula, or Ulcer, be it never ſo deep in any part of the body, being applyed as aforeſaid is directed for a Cut.

8. It is alſo good againſt Worms, or Canker, being uſed as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Meaſles, ſo as it be pre-

presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It likewise helpeth Digestion, annointing the Navel and Stomack therewith when the party goeth to Bed, it will stanch any Blood of a green Wound, put in a Plaister of lint on it, and tye it very hard.

11. The quantity of a Nutmeg in Sack blood-warm, and sweat thereonit·, bringeth forth all manner of clotted Blood, and taketh away all Aches.

12. It also healeth the rose Gout and Scurvy.

13. It helpeth all pains in Womens breasts, all chops or Wolf that cometh with a Bruise.

14. It helpeth the small Pox, being annointed therewith without any Scar.

15. It helpeth all Sprains and Swel-

Swellings, and indeed I cannot tell what comes amiss unto it.

A most certain and proved Medicine against all manner of Pestilence, and Plague, be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole in either peece, the which you shall fill with fine Triacle, and set the peeces together as they were before: after this wrap them in a fine wet linnen cloth, putting it to roast, and covered in the embers, or ashes, and when it is roasted enough, press out all the juice of it, and give the Patient a spoonful, and immediatly he shall feel himself better, and shall without fail be healed.

How

How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs-grease diligently washt one pound, bruise the hearbs, and infuse it a whole night in red Wine, and then let it boil with the Hogs-grease on a gentle fire, untill the Wine be all consumed: then strain it, and add to the Ointment the juice of Tobacco one pound, good and clear Rosin four onnces, then boil it again till the juice be consumed, adding towards the end, of round Birthwort-roots in pouder two ounces, new W[illegible] four ounces, or so much as is sufficient to make it into an Ointment.

The Virtues of it are these.

It cures all Tumors, Apost-

humes, Wounds, Ulcers, Gun-shot, Botches, Itch, stinging with Nettles, Bees, Wasps, Hornets, or venemous Beasts, wounds made with poisoned Arrows, all Burnings and Scaldings, although it be with Oil, or lightning, and that without any skar, it doth help all nasty, rotten, stinking, putrified Ulcers, although they be in the leggs where the humors be ready to resort most in Fistula's, although the bone be afflicted it will scale it without any instrument, and bring up the flesh from the bottom; your Face being annointed with it, it taketh away suddenly all redness, pimples, Sunburnt; a Wound dressed with this Ointment, it will never putrifie, it will cure a wound when no Tent can search it; it cures the Head-ach, the Temples being annointed therewith; the stomack being annointed with it, no infirmity will harbor there,

there, no not Impoſtumes, nor Conſumption of the Lungs, the belly being annointed therewith; it helpeth the Chollick, and illiack paſſions, the Worms, (and what not) too tedious here to relate: it helpeth the Emeroids, or Piles, it is the beſt Ointment in the world for all ſorts of Gouts whatſoever, and there can nothing come nigh unto it.

A very good Conſerve for the help of a Conſumption and Cough.

Take half a pound of blew Raiſins, of the blackeſt ſort is the beſt, and ſtone them, and skin them, and two ounces of white Sugar-candy, and two ounces of Oil of ſweet Almonds, and bruiſe them well, and when they be well incorporated together, uſe it to eat morning, noon, and night.

A very special Drink against a Consumption.

Take Colts-foot, Hysop, Scabious, & Maidenhair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces, and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorice scraped, and bruised, and so let it boil till one quart be boiled away, then take it off, and when it is cold strain it into a Pot, and drink half a pint each morning, at four of the clock, and so much after dinner at four of the clock.

For Wormes in Children.

Wormseed boiled in Beer or Ale, and

and then ſweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is cauſed by the overflowing of the Gall. Proved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then ſtop the hole again with the ſaid peece that is cut out of it, but mingle the Triacle with Saffron poudered; this being done, roaſt the Onion in hot Embers, being wrapped up in wet Paper, and when it is well roaſted, wring out the juyce thereof hard, and give the party this to drink in the morning, and ſweat an hour after it, and ſo continue for three mornings together, and then let the party take a gentle Purge, *& Fiat.*

An excellent Medicine for the Dropſie, made for Queen Elizabeth, *by Doctor* Adrian, *and Doctor* Lacy. *Proved.*

Take Polipodium, Spikenard, Squat, Ginger, Marjoram, Galingal, Setwel, *ana.* a penny weight, Sena leaves and cods, ſo much as all the reſt groſly beaten; put them into a bag, and hang it in an earthen pot of two gallons of Ale, and every four dayes cover the pot with new Barm, and drink no other drink for ſix daies, and this ſhall purge all ill humors out of the body, neither will it let the blood putrifie, nor flegme to have domination, nor Choller to burn, nor Melancholly to have exaltation, it deth encreaſe Blood, and helpeth all evill, it helpeth and purgeth Rheum, it defendeth the Stomack, it preſerveth the body,

body, and ingendereth good colour, comforts the ſight, and nouriſheth the Mind.

For the Dropſie that ſwelleth.

Eat Water-creſſes, and Raiſins, uſe it often, and it will ſend down the Diſeaſe into the leggs and feet, and when it is there, take the green bark of Elder in the winter, and the crops in ſummer, and boil them well in fair Water and Oat-meal to a Poulteſs, and apply it to the grief, and this will heal it.

The Celeſtial Water in the world for the Eyes.

Aqua Celidonia,
Aqua Euphraſia, } of each a quarter
Aqua Finicula, } of a pint.
Lapis Tutia,
Lapis Caluminaris, } of each a dram.

An excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red Wine one pint, twenty four yelks of new-laid Eggs, beat them very well together, then add so much white Bread as will drink up the Wine; and put to it some Cowslip flowers, and distill them, and take a spoonful first and last in broth made of a Chicken, or Mutton, and in one month it will cure any Consumption.

For to stay Vomitting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receive the fume into your mouth, and let it go into your Stomack, *& fiat.*

Doctor

Doctor Teucables *green Balſom.*

Take in the moneth of *May* Roſemary-tops, VVormwood, Balm, and Rue, *ana.* two ounces, red Sage, and Bay-buds, *ana.* four ounces, Sheepsſuet twelve ounces; beat all this very well together in a ſtone Mortar, till it be all as a Salve, then put it into a clean Pipkin well ſtopt, and ſet it for eight dayes in a cold place, then put it all in a clean braſs Chafer, and add to it a pound of ſweet Sallade oil, and as many of the ſaid Hearbs as aforeſaid well bruiſed, and let them boil over a ſoft fire very ſoftly the ſpace of an hour, and ſtir them all the time with a wooden Spatula, then take them from the fire, and preſently put into it an ounce of Spike oil, and ſtir them together, then with the Spoon take off the oily ſubſtance from the Hearbs,

and then ſtrain it into a gally-pot, and keep it very cloſe ſtopt, and ſet it in a cool place, it will keep good two or three years.

The Virtues are theſe.

The virtue of the ſaid Balm is in all perfection good to cure all that is here under-written, and the ſaid Oil is good to any wounds either inward or outward; proved; being inward ſquirted into the ſaid wounds warm, and outward, being applyed with fine lint, or linnen, and annointing all the parts thereabouts.

1. It doth not only take away the pain, but it doth alſo keep it from inflammation, and draweth forth alſo all broken Bones, or any thing elſe that might putrifie, or feſter, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dreſſing, if no other thing be applyed thereunto.

2. It healeth any Burning or Scalding by fire, or water, or by any other means; it healeth any.

A most excellent Pouder, much used by a person of Quality, lately Deceased; with the Virtues.

Take Pearl Magistrale prepared, Corral red and white prepared, prepared Amber, prepared Hartshorn, of each half an ounce, *Contra Yarva* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be soulden, they must be taken in *June*, or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white Sugar-candy poudered, and mingle with the Sugar-candy, Amber-griece, Musk, Citron-seed skinned, *ana.* ten grains, beat the Seeds, Sugar-candy, Amber-griece by themselves,

ſelves, very fine in a ſtone Mortar, all the reſt muſt be paſſed through a fine Search, then make a ſtrong Jelly of Harts-horn, being boiled with White-wine, and infuſe therein Saffron poudered two drachms, and with this Jelly perfume the pouder, being all mixt into a paſte, ſo make it up into little balls, and ſet them into a warm Oven to dry, and then put them up to your uſe, the cloſer they be kept the bet.

The Virtues of this Pouder is moſt excellent.

1. For to bring out the Small-Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon-water every three hours for nine hours, and ſwear, and keep your ſelf warm.

3. For a Heptick, take for nineteen dayes together, ſix grains every morning in Borrage-water.

4. For a Conſumption, in Egrimony-water, take ſix grains for fourteen dayes together.

5. For the Cough of the Lungs, ſix grains, in half Bettony, and half Hyſop-water, for fourteen daies.

6. For any Ague or Feaver, for three daies, every third day take ſeven grains every three hours for nine hours in Carduus-water.

7. For Poiſon twelve grains boiled in a little Milk.

8. For a Woman that is ſick after Labour, take ſeven grains every three hours for nine hours in Egrimony-water.

9. There is no Unicorns-horn comparable to it in contagious times, it is good to take five grains every morning in a little Sack.

10. For the passion of the heart, and Convulsion fits, seven grains in Borrage-water, and it is a great preserver of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

11. And if it be a great Feaver, small Pox, Plague, Poison, or for a Woman in Labour, put into every Dose three grains of Bezoar Oriental.

How to strengthen the Back, and to make one Lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox back, but take the pith out from the skin, then take four or five stalks of Artechoaks, and take the pith out of them, but first cut the stalks into pieces so long as your finger, and then par-

parboil them well, and then take the pith from them, and then put it to the other things, and boyl it gently to a Jelly, & when you have done ſo let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, ſo much as you ſhall think fitting, and if you would have it pleaſant, make it ſweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and ſteep it in Wine-Vinegar, one night or more, then take of this three ſpoonfuls, bloud-warm, after that you have eaten, at morning, noon, and night.

How to help a ſtinking Breath that cometh from the Stomack.

Take two handfuls of Cummin-

seeds, and beat them to pouder, and seeth it in a pottle of white Wine until half hath boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or sixteen dayes it will help.

For the Sciatica, or the Gout, my Lord of Sussex *Medicine, called* Flesh Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins-Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of Sheeps-Tallow, or of Harts-tallow two ounces, of Camphire three drams, and of Turpentine three onnces.

The way to make it.

First beat all your Gums aforesaid

ſaid every one by themſelves, then take your Tallow and your Wax, and ſet them together on the fire, that done, put in your Roſin, then your Peroſin, then your Olibanum, and laſt of all your Maſtick; and when all is relented together over a ſoft fire of Coals, then ſtrain it through a thin Canvas cloath into a pottle of white Wine, and then let them all boil together again untill half the Wine be waſted and ſod away; then take it from the fire, and let it cool, then afterward when it is almoſt cold annoint your hands with the Oil of ſweet Almonds, and work it up in Rouls like Wax rouls, and in the time of the working thereof, caſt in your Camphire beaten in fine pouder by it ſelf alone; this obſerved that before you put in your Camphire into the Mortar for to be beaten into pouder, you muſt alway beat in the ſame Mortar two or three Almonds,

Almonds, for else your Camphire will not be made into Pouder.

The ordering of the same Medicine.

First you must spread it upon a fine linnen-cloath, plaister-wise, and so lay it upon every joynt where the pain is, but before the laying of your Plaister you must annoint all your Joints with the Oil of Roses, and the stuff of your Plaister must be half an inch thick, and according unto the property of the same you must let it stick and cling where you lay it for the space of nine or ten daies together, notwithstanding it doth put you to some pain or itch in the mean time, yet you must in any-wise let it lie on still, for it will both draw out the sinews by little small Pimples, and also heal it again, and this one Plaister must serve during all the time of your disease without any manner of renewing. *Prob.* of witness by my Lord of *Suffolk*.

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FINIS.

A

TRUE GENTLEWOMANS DELIGHT.

Wherein is contained all manner OF

COOKERY:

Together with *Preſerving, Conſerving, Drying, and Candying.*

Very neceſſary for all

LADIES, AND GENTLEWOMEN.

Publiſhed by *W. J.* Gent.

LONDON, Printed by *G. Dawſon*, and are to be ſold by *Wil. Shears.* 1659.

To the Virtuous and moſt hopeful Gentlewoman, Mris. Anne Pile, *Eldeſt Daughter of the Honourable Sir* Francis Pile, *Baronet, Deceaſed.*

Moſt accompliſh'd Lady,

He many ſingular Favors which I have received, not only from your worthy ſelf, but alſo from your thrice Noble Progenitors, juſtly oblige me by all the duties of gratitude, to tender a juſt acknowledgement: I wiſh the ſame heart, that for many and juſt cauſes truly honours you, had any Preſent worthy your acceptance. Now ſhall it be your ſingular goodneſs to patronage this ſmall Treatiſe, which (if

I miſtake not) carries with it two parts, Delight, and Utility. I doubt not then, but that it will find a general acceptance among all thoſe, who are any way the leaſt lovers of ſuch pleaſing and all delightful ſtudies. I intend not to paraphraſe upon its worth, its uſe, and ſingular profit, which abundantly ſpeaks ſecond unto none that hath been publiſhed of the like nature: ſo hoping you will accordingly eſteem of it, I beg pardon for my boldneſs, and reſt ever,

A true and faithful

honourer of your tranſ-

parent Virtues,

W. J.

TO THE READER.

Friendly Reader,

HEre thou haſt a ſmall Treatiſe Entituled, A True Gentlewomans Delight, *preſented to thy view: be ſo courteous as to read before thou cenſure it. If then the effect be anſwerable to its name, I ſhall be right glad. If there be any errors, it will be no error, but a ſingular token of thy exemplar humanity to paſſe it by, and ſign it with thy pardon, for which I engage my ſelf,*

Thine on the

like occaſion,

1 3 *W. I.*

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A TRUE GENTLE-WOMANS DELIGHT.

To make an excellent Jelly.

TAke three gallons of fair Water, boil in it a Knuckle of Veal, and two Calfs feet ſlit in two, with all the fat clear taken from between the claws, ſo let them boil to a very tender jelly, keeping it clean ſcummed, and the edges of the pot alwaies wiped with a clean cloath, that none of the ſcum may boil in, then ſtrain it from the meat, & let it ſtand al night, the nexr

morning take away the top and the bottome, and take to every quart of this jelly, half a pint of Sherry Sack, half an ounce of Cinnamon, and as much Sugar as will season it, six whites of Eggs very well beaten, mingle all these together, then boil it in half an hour, and let it run through your jelly bag.

To make a Christal Jelly.

Take two Calves feet, fley them, and lay them in fair spring water with a kunckle of Veal, shift it in half a dozen waters, take out the fat betwixt the clawes, but do not break the bones, for if you do, the marrow of the bones will stain the jelly; when they are soft and pickt very clean, boil them very tender in spring Water, when they be boiled tender, take them up, and use them at your pleasure to eat, let the broth stand in an earthen pot or Pipkin, till

till it be cold, then take away the bottome and the top, and put the clear into a fair Pipkin, put into it half a pound of fair Sugar-candy, or other Sugar, three drops of oyle of Nutmegs, three drops of oil of Mace, and a grain of Musk, and ſo let it boil leiſurely a quarter of an hour, then let it run through a jelly bag into a gallie pot, when it is cold you may ſerve it in little careleſſe lumps being taken out with a childs ſpoon, and this is the beſt way to make your Chriſtal jelly.

To make Apple Cream at any time.

Take twelve Pipkins, pare and ſlitthem, then put them in a Skiller, and ſome Claret Wine, and a race of Ginger ſhred thin, and a little Lemon pill cut ſmall, and a little Sugar, let all theſe ſtand together till they be ſoft, then take them off, and

and put them in a diſh till they be cold, then take a quart of Cream boiled with a little Nutmeg a while, then put in as much of the Apple ſtuff, to make it of what thickneſs you pleaſe, and ſo ſerve it up.

To make a Triffle Cream.

Take ſome Cream, and boil it with a cut Nutmeg, and Lemon pill a while, then take it off, cool it a little, and ſeaſon it with a little Roſe-water and Sugar to your taſte, let this be put in the thing you ſerve it in, and then put in a little Runnet to make it come, then it is fit to eat.

To make Clouted Cream.

Take three gallons of new Milk, ſet it on the fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or three pints of very good Cream, put it into the hole you made in the middle of the Milk as it boileth,

and

and let it boil together half an hour, then put it into three or four Milk-pans, ſo let it ſtand two dayes, if the weather be not too hot; then take it up in clouts with a ſcummer, or ſlice, and put it in that which you will ſerve it in, if you like it ſeaſoned, you may put ſome Roſe-water between every clout, as you lay one upon another with your ſlice in the diſh you mean to ſerve it in.

To make a Quince Cream.

Take the Quinces, and put them into boiling water unpared, and let them boil very faſt uncovered, that they may not colour, and when they are very tender, take them off and peel them, and beat the pap very ſmall with Sugar, and then take raw Cream and mix with it, till it be of fit thickneſs to eat like a Cream, but if you boil the Cream with a ſtick of Cinnamon, I think it the better, but

but it muſt ſtand till it be cold before you put it to the Quinces.

To make a freſh Cheeſe.

Take a pint of freſh Cream, ſet it on the fire, then take the white of ſix Eggs, beat them very well, and wring in the juice of a good Lemon to the whites, when the Cream ſeeths up, put in the whites, and ſtir it about till it be turned, and then take it off, and put it into the cheeſe-cloth, and let the whay be drawn from it, then take the curd and pound it in a ſtone Mortar with a little Roſe-water and Sugar, and put it into an Earthen Cullender, and ſo let it ſtand till you ſend it to the Table, then put it into a diſh, put a little ſweet Cream to it, and ſo ſerve it in.

To make a Codling-Cream.

After your Codlings be throughly cooled and yielded, put them into

to a ſilver diſh, and fill the diſh almoſt half full with Roſe-water, and half a pound of Sugar; boil all this Liquor together untill half be conſumed, and keep it ſtirring till it be ready, then fill up your diſh with ſweet Cream, and ſtir it till it be well mingled, and when it hath boiled round about the diſh, take it up, ſweeten it with Sugar, and ſerve it cold.

How to make a Goosberry Fool.

Take your Goosberries and pick them, and put them into clean water, and boil them till they be all as thick that you cannot diſcern what it is, to the value of a quart, take ſix yolks of Eggs well beaten with Roſe-water, and before you put in your Eggs, ſeaſon it well with Sugar, then ſtrain your Eggs, and ſet them boil a little while, then take it up, put it in a broad diſh, and let it ſtand till it be cold, thus it muſt be eaten.

How

How to make a white Fool.

Take a quart of Cream, and ſet it over the fire, and boil it with whole Cinnamon, and ſliced Mutmeg, and Sugar; then when it is almoſt ready, take the white of ſix Eggs well beaten with Roſe-water, and ſcum off the froth from them, and put it into the Cream, and boil it together a pretty while, then ſeaſon it, and take the whole Spice out of it, and put it up in a broad diſh, and when it is cold, then it muſt be eaten.

To make a Goosberry Cuſtard.

Take as many Goosberries as you pleaſe, boil them till they be ſoft, then take them out, and let them ſtand and cool, and drain them, draw them with your hand through a Canvas ſtrainer, then put in a little Roſe-water, Sugar, and three whites, and ſtir them all together, put them in a skillet, and ſtir them a-

pace,

pace, elſe they will burn, let them ſtand and cool a little while, and take them off, and put them in a glaſs.

To make a Fool.

Take two quarts of Cream, ſet it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four ſpoonfuls of cold Cream; before you put the Eggs into the hot Cream, take three or four ſpoonfuls of the Cream out of the skillet, and put it into the Eggs, and ſtir it together, and then ſtrain the Eggs into the skillet of hot Cream, ſtirring it all the time to keep it from turning, then ſet it on the fire, and let it boil a little while, but keep it ſtill ſtirring for fear of burning, then take it off, and let it ſtand, and cool, then take two or three ſpoonfuls of Sack, and put it in the diſh, and ſome four or five Sippets, and put them in the diſh, ſet the diſh

and

and ſippets a drying, and when they be dry that they hang to the diſh, ſweeten the Cream, and pour it in the diſh ſoftly, becauſe the ſippets ſhall not riſe up, this will make three diſhes, when it is cold it is fit to be beaten.

To make Cheeſe-Cakes.

For the cruſt take half a pint of flower, and four ſpoonfuls of cold water, and three parts of a quarter of a pound of Butter, beat and knead theſe together, and put the paſte aſunder ſeveral times, then roul it ſquare, and turn it over, then take a pint of Cream, and ſeven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Currans plumpt before you put them in, and a whole Nutmeg grated on a knife, and ſome Pepper beaten, but not too much, it muſt be gently boiled, and ſtirred as you do buttered Egs, the

the ſtuff muſt be cold, and then put in the coffin, and ſo bake it.

To make a Sack-Poſſet.

Take two quarts of pure good Cream, a quarter of a pound of the beſt Almonds, ſtamp them in the Cream, and boil Amber and Muſk therein, then take a pint of Sack in a Baſon, and ſet it on a Chafing-diſh till it be blood-warm, then take the yolks of twelve Eggs, with four whites, and beat them very well together, and ſo put the Eggs into the Sack, and make it good and hot; let the Cream cool a little before you put it into the Sack, then ſtir all together over the Coals, till it be as thick as you would have it, if you take ſome Amber, and Muſk, and grind it ſmall with Sugar, and ſtrew it on the top of the Poſſet, it will give it a moſt delicate and pleaſant taſte.

To

To make Leach.

Make your jelly for your Leach with Calves feet, as you do your ordinary jelly, but a little ſtiffer, and when it is cold, take off of the top and bottom, and ſet it over the fire with ſome Cinnamon and Sugar, then take your Turnſele, being well ſteept in Sack, and cruſh it, and ſo ſtrain it into your Leach, and let it boil to ſuch a thickneſs, that when it is cold you may ſlice it.

To make yellow Leach.

Your yellow Leach is juſt the ſame, but inſtead of Turnſele, you muſt colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it muſt not boil in it.

To make a Slipcoat Cheeſe.

Take five quarts of new Milk from the Cow, and one quart of Water, and one ſpoonful of Runnet,

net, and ſtir it together, and let it ſtand till it doth come, then lay your Cheeſe-cloth into the Vate, and take up your Curd as faſt as you can without breaking, and put into your Vate, and let the Whay ſoak out of it ſelf; when you have taken it all up, lay a cloth on the top of it, and one pound weight for one hour, then lay two pound weight for one hour more, then turn him when he hath ſtood two hours, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three hours, and then ſalt him on both ſides; when he is ſalt enough, take a clean cloth and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheeſe will come to his eating in eight or nine daies.

To make Cheeſe-loaves.

Take the Curds of a tender new Milk

Milk Cheese, and let them be well pressed from the Whay, and then break them as small as you can possible, then take crums of Manchet, and yolks of Eggs, with half the whites, and some sweet Cream, and a little fine flower; mingle all these together, and make a paste of it, but not too stiff, then make them into little Loaves and bake them, when they be baked cut off the tops, and Butter them with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stir it all together; then lay on the tops and searce them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the whites, beat them very well, then put in some Sugar, and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juice of Spinnage or of Primrose-

leaves

leaves to make it green, then put in ſome more Sugar if it be not ſweet enough, then beat it again a little, and ſo let it ſtand till you fry it, when the firſt courſe is in, then fry it with a little ſweet Butter; it muſt be ſtirred and fried very tender, when it is fried enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart-ſtuff.

Take a dozen pound of Prunes, take half a dozen of Maligo Raiſins, waſh and pick them clean, and put them into a pot of Water; ſet them over the fire till all theſe be like pulp, and ſtir them often leaſt they burn to, then take them off, and let them be rubbed through a hair ſieve hard with your hands by little and little, till all be through, then ſeaſon them to your taſte with ſearced Ginger.

To make yellow Tart-ſtuff.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of ſeething Milk, ſtirring it until it caudles, then take it off, and put it into a Napkin hanging it up till all the Whay be run through; when it is cold, take it and grind it in a ſtone Mortar with Sack and Sugar to your taſte; and otherwiſe to make it look white, leave the yolks, and inſtead of Sack put in Roſe-water.

To make a made Diſh.

Take a quarter of a pound of Almonds, beat them ſmall, and in the beating of them put in a little Roſe-water to keep them from oyling; then strain them into Cream, then take Artechoak bottoms, and martow, and boil the redneſs of the Marrow out, then take a quart of Cream, and boil it with Dates, Roſe-water, and Sugar, and when it is boiled to a convenien

convenient thickneſs, take it off, and take your Artechoak and pare off the leaves and lay them into a diſh, and ſome Marrow upon them, then pour ſome Cream upon them, then ſet it on coales till you ſerve it in.

A ſauce for a ſhoulder of Mutton.

Take a few Oyſters, and ſome ſweet hearbs, and an Onyon, and a pint of white Wine, and a little beaten Nutmegs, a little Salt, and a large Mace, a little Lemon pilled, and a little Sugar, a little leaker poſt: if you have no Oyſters take Capers in the room of them, and ſome gravie of the Mutton.

To fry Apple-pies.

Take Apples and pare them, and chop them very ſmall, beat in a little Cinnamon, a little Ginger, ſome ſugar, and a little Roſe-water, take your paſte, roul it thin, and make them up as big Paſties as you pleaſe,

to hold a ſpoonful or a little leſſe of your Apples, and ſo fry them with Butter not too haſtily, leſt they be burned.

To make Curd Cakes.

Take a pint of Curds, four Eggs, take out two of the whites, put in ſome Sugar, a little Nutmeg, and a little flower, ſtir them well together, and drop them in and fry them with a little butter.

To make Furmenty.

Take a quart of ſweet Cream, two or three ſprigs of Mace, and a Nutmeg cut in half put into your Cream, ſo let it boil, then take your French Barley or Rice, being firſt waſhed clean in fair water three times, and picked clean, then boil in ſweet milk till it be tender, then put it into your Cream, and boil well, and when it hath boiled a good while, take the yolks of ſix or ſeven Eggs, beat them very well, to thicken

en on a ſoft fire, boil it and ſtirre it, for it will quickly burn, when you think it is boiled enough, ſweeten it to your taſte, and ſo ſerve it in with Roſe-water, and Musk Sugar, in the ſame manner you may make it with Wheat.

To make an Artechoak Pie.

Take the bottome of ſix Artechoaks, being boiled very tender, put them in a diſh, and put ſome vinegar over them, ſeaſon them with Ginger, and Sugar, a little Mace whole, putting them into a *Pie*, and when you lay them in, lay ſome Marrow and Dates ſliced in, and a few Raiſins of the Sun in the bottome, with good ſtore of Butter, ſo cloſe the Pie, when it is half baked, take a diſh of Sack, being boiled firſt with Sugar, and a pill of Orange, put it in your Pie, and ſet it in the Oven again, till you uſe it.

To make a Chicken Pie.

Make your paſte with good ſtore of Butter, and yolks of Eggs, and Sugar, then take ſix ſmall Chickens taking out the breaſt bone, and truſſing them round, take two Nutmegs, and a good quantity of Cinnamon, and put it in in little pieces, take two yolks of Eggs, and beat them with ſix ſpoonfuls of Verjuyce, then take your juyce and Verjuice, and a little Salt, ſtirre them well together, take a good deal of Butter, and wet it in the Verjuyce, and put it in the bellies of the chickens, ſo lay them in the Pie with butter under them, then take half a pound of Currans waſhed and dryed, ſo lay them on the top of the Chickens, with a piece of Marrow, Barberries, Grapes, and good ſtore of Butter and Sugar, as will ſeaſon it, a little before you draw out your Pie, put in Verjuice and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of Beef, and ſlice it thin, and half a pint of good Wine Vinegar, ſome three Cloves, and Mace above an ounce, three Nutmegs, pound them all together, Pepper and Salt, according to your diſcretion, and a little Sugar, mix theſe together, take a pound and half of Suet ſhred, and beat it ſmall in a Mortar, then lay a row of Suet, a row of Beef, ſtrow your Spices between every lane, then your Vinegar, ſo do till you have laid in all, then make it up, but firſt beat it cloſe with a rouling pin, then preſſe it a day before you put it in your paſte.

To roaſt a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roaſted, ſave the gravie, and cut a good deal of the inſide of it, and mince it groſſe, and

boil it in a diſh with the gravie, and Thyme, Claret Wine, and ſliced Nutmegs, and when your Shoulder is roaſted, lay it in the diſh with ſliced Lemon, but remember to ſcotch your Mutton in roaſting, as you do when you boil it.

To roaſt a Shoulder of Mutton with Oyſters.

When you open the Oyſters ſave the liquor, then ſeaſon them with Pepper, and a little Cloves, and Mace, and Herbs finely chopped, and the yolk of two or three Eggs chopped ſmall, and ſome Currans parboiled a little, then ſtuffe your Shoulder of Mutton thick with your Oyſters, then ſeaſon it, and lay it to the fire, and roaſt it, then take the reſt of your Oyſters, and boil them with a little white Wine, and ſome Butter; this is ſauce for your ſhoulder of Mutton, when your Oyſters are opened, you may parboil

boil them in their own liquor, then take them out and ſeaſon them.

To make Angellets.

Take a quart of new milk, and a pint of Cream; and put them together with a little Runnet, when it is come well, take it up with a ſpoon, and put it into the vate ſoftly, and let it ſtand two dayes, till it is pretty ſtiff, then ſlip it out and ſalt it a little at both ends, and when you think it is ſalt enough, ſet it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your blood when it is warm, put in ſome Salt, and when it is throughly cold, put in your Groats well pickt, and let it ſtand ſoaking a night, put in the hearbs, which muſt be Roſemary, large Savory, Penny-royal, Thyme, and Fennel, then

make it ſoft with putting of good Cream hot untill the blood look pale, then beat four or five Eggs, whites and all, and mingle it, then ſeaſon it with Clove, Mace, Pepper, Fennel-ſeeds, then put good ſtore of Beef ſuet in your ſtuffe, and mince your fat not too ſmall.

To make white Puddings.

After the humbles are very tender boiled, take ſome of the lights, with the hearts, and all the fleſh and fat about them, picking from them all the ſinewes, and skin, then chop the meat ſmall as can be, then put to it a little of the Liver very finely ſearced, ſome grated bread ſearced, four or five yolks of Eggs, a pint of very good Cream, a ſpoonful or two of Sack, a little Sugar, Cinnamon, Cloves, and Mace, a little Nutmeg, a few Caraway-ſeeds, a little Roſe-water, mingled with a good deal of

Swines

Swines fat, a little Salt, roul it in roules two hours before you go about it, let the fat ſide of the skin be turned and ſteeped in Roſe-water till you fill them.

To make Almond Puddings.

Take a pound of Almonds blanched, and beat them very ſmall with a little Roſe-water, boil good Milk with a flake of Mace, and a little ſliced Nutmeg, when it is boiled, take it clean from the Spice, then take the quantity of a penny loaf, grate it, and ſearce it through a Callender, and then put it into the Milk, and let it ſtand till it be pretty cool, then put in the Almonds, and five or ſix yolks of Eggs, and a little Salt and Sugar, what you think fit, and good ſtore of Beef ſuet, and marrow very finely ſhred.

To make a Pudding to bake.

Take a penny loaf pare it, ſlice it in a quart of Cream, with a little

Roſe-water and break it very ſmall, take three ounces of *Iordan* Almonds blanch'd, and beaten ſmall with a little Sugar, put in ſome eight Eggs beaten, a Marrow-bone, and two or three Pipipns ſliced thin, or any way, mingle theſe together, and put in a little Ambergriece if you pleaſe.

To make a boyl'd Pudding.

Take a pint of Cream, or Milk, boil it with a ſtick of Cinnamon a little while, and take it off, and let it ſtand till it be cold, put in ſix Eggs, take out three whites, beat your Eggs a little before you put them into the Milk, then ſtir them together, then take a penny roul and ſlice it very thin, and let it lie and ſoak, and then bray it very ſmall, then put in ſome Sugar, and butter your cloth before you put it in, it will take but a little while ſeething, and when you take it up, melt a little freſh butter, and a little

little Sack and Sugar, beat all these together, and put it into the dish with your Pudding to be served in.

To make a Cream Pudding to be boiled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blanch'd a pound, and strained in with the Cream, a little Rose-water, and Sugar, and a spoonful of flower searced very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it, boil it where Mutton is boiled, or in the Beef pot; remember to take out the whole spice out of the Cream when it is boiled; the sauce for this Pudding is a little Sack, Sugar, and a pretty piece of butter, you must blanch some Almonds, when they are blanched, cut every

every Almond in three or four pieces the long way, and ſtick them up an end upon the pudding very thick.

To make a White-pot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Roſe-water, a few Dates ſliced, a few Raiſins of the Sun, ſix or ſeven Eggs, and a little large Mace, a ſliced Pippin, or Lemon, cut ſippet faſhion for your diſhes you bake in, and dip them in Sack, or Roſe-water.

To make a forc'd diſh of any cold Meat.

Take any cold Meat and ſhred it ſmall, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a ſpoonful or two of Roſe-water, a little grated bread, a little Beef ſuet ſhred ſmall, make it up in balls, or any faſhion you pleaſe, and boil them in tried ſuet between two earthen

earthen diſhes; your ſuet muſt boil before you put in your meat; for ſauce, a little Butter, Verjuyce, and Sugar.

To make a forced diſh of a Leg of Mutton or Lamb.

Take a Leg of Mutton, or Lamb, cut out the fleſh, and take heed you break not the skin of it, then parboil it, and mince it with a little Beef ſuet, put into it a little ſweet Hearbs ſhred, three or four Dates ſhred, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, and ſet it in a diſh, and bake it.

To boil a Calves head with Oyſters.

Take the head, and boil it with Water and Salt, a little white Wine or Verjuyce, and when it is almoſt enough, then cut ſome Oyſters, and mingle them together, and a blade or

two

two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves Head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

To fry a Coast of Lamb.

Take a Coast of Lamb, and parboil it, take out all the bones as near as you can, and take some four or five yolks of Eggs beaten, a little Thyme and sweet Marjoram, and Parsly minced very small, and beat it with the Eggs, and cut your Lamb into sqnare pieces, and dip them into the Eggs and Hearbs, and fry them with Butter, then take a little Butter, white Wine, and Sugar for sauce.

To stew Sauce sedges.

Boil them in fair water, and salt a little; for sauce boil some Currans alone, when they be almost tender, then

then pour out the water, and put in a little white Wine, Butter and Sugar.

To boil Ducks.

When they be half boiled, take a quart of the liquor and ſtrain it, and put a quart of white Wine and ſome whole Mace, Cloves, and Nutmegs ſliced, and Cinnamon, and a few Onions ſhred, a bundle of ſweet Hearbs, a few Capers, and a little Samphire, when it is boyled, put ſome Sugar to ſeaſon it withal.

To make white broth with a Capon.

Truſs your Capons, and boil them in fair water, and when they are half boiled, take out three pints of the liquor, and put it to a quart of Sack, and as much white Wine, and ſlice two ounces of Dates half or quarter-wiſe as you pleaſe, a little whole Mace, Cloves, and Cinnamon, a Nutmeg ſhred, of each a little

tle quantity, boil the broth in a pipkin by it ſelf until the Dates begin to be tender, then put in the marrow of two bones, and let it boil a little not too much, then when your Capons be near ready, break twenty Egs, ſave the yolks from the whites, and beat the yolks until you may take up a ſpoonful and it will not run beſide the ſpoon, then you muſt put a little cold broth to them, and ſo ſtrain them through a cloth, then take up ſome of the hot broth to beat your Eggs, becauſe elſe it will turn; let it have a walm or two after your Eggs be in, but not ſeeth too much for fear it turns, then diſh your Capons, and pour your broth on them, and garniſh your diſh as you pleaſe.

To make ſtewed Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and ſcum your pot clean, thicken your pot with grated

ted bread, and put in ſome beaten Spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of Raiſins of the Sun, two pound of prunes laſt of all, then when it is ſtewed, to ſeaſon it with a quart of Claret and a pint of Sack, and ſome Sanders to colour it, and a pound of Sugar to ſweeten it, or more if need be, you muſt ſeeth ſome whole ſpice to garniſh your diſh withal, and a few whole Prunes out of your pot.

To make Gallandine Sauce for a Turkie.

Take ſome Claret wine, and ſome grated bread, and a ſprig of Roſemary, a little beaten Cloves, a little beaten Cinnamon, and ſome Sugar.

An exceeding good way to ſtew Chickens.

Take Chickens, flay them, and cut

cut them in pieces croſſe-way, then put them in a pipkin or skillet, and cover them almoſt with Pepper, and Mace, and Water, ſo let them ſtew ſoftly with a whole Onion in it, till part of the liquor be conſumed, then put in as much white Wine as will cover them again, take Parſly, ſweet Marjoram, winter Savory, with a little Thyme, and ſhred them very ſmall and put them in, and let them boil till they are almoſt enough, then put in a good piece of Butter.

To boil a Leg of Mutton.

Take a Leg of Mutton and ſtuffe it, for the ſtuffing take a little Beef Suet, and a few ſweet Hearbs, chop them ſmall and ſtuff it, then boil it, and put in a handful of ſweet hearbs, cut them ſmall, mingle a hard Egg amongſt the hearbs, and ſtew it upon the Mutton, melt a little Butter and Vinegar, and put it into the diſh, and ſend it in.

To keep Quinces all the year.

First you muſt core them, and take out the kernels clean, and keep the cores and kernels, and ſet over ſome water to boil them, then put them in when you ſet over the water then let them boil till they be a little ſoft, and then take them up, and ſet them down till they be cold, then take the kernels and ſtamp them, and put them into the ſame water they were boiled in, and let them boil till they be thick, ſee you have as much liquor as will cover the Quinces, and if you have not enough, take of the ſmalleſt Quinces, and ſtamp them to make more liquor, and when it is boiled good and thick, you muſt ſtrain it through a courſe cloth, and when the Quinces be cold, then put them into a pot, and the liquor alſo, and be ſure the liquor cover them, you muſt lay ſome weight upon them to keep them under, ſo cover them

them close, let them stand fourteen dayes, and they will work of their own accord, and they will have a thick rind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a moneth or six weeks.

To pickle Cucumbers.

Take the Cucumbers and wash them clean, and dry them clean in a cloth, then take some Water, Vinegar, Salt, Fennel-tops, and some Dill tops, and a little Mace, make it fast enough, and sharp enough, to the taste, then boil it a while, and then take it off, and let it stand and be cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tie them close, and within a week they will be fit to eat.

To Pickle Purslain.

Take the Purslain and pick it in little

little pieces, and put it into a pot or barrel; then take a little Water, Vinegar, and Salt, to your taſte, it muſt be pretty ſtrong of the Vinigar and Salt, and a little Mace, and boil all theſe together, and pour this liquor in ſeething hot into the Purſlain, and when it is cold tie it cloſe, but keep a little board on the top to keep it down, and within a week or two it is fit to eat.

To do Clove-Gilliflowers up for Salleting all the year.

Take as many Clove-Gilliflowers as you pleaſe, and ſlip off the leaves, then ſtrow ſome Sugar in the bottome of the Gallipot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and ſo do till all the Gilliflowers be done, then pour ſome Claret wine into them, as much as will cover them, then cut a piece of a thin board, and lay it on them to keep them

them down, then tie them close, and set them in the Sun, and let them stand a moneth, or there-abouts, but keep them from any rain or wet.

To pickle Broom Buds.

Take as many Broom Buds as you please, make linnen bags, and put them in, and tie them close, then make some Brine with Warer and Salt, and boil it a little, let it be cold, then put some Brine in a deep earthen pot, and put the bags in it, and lay some weight upon them, let it lie there till it look black, then shift it again, so you must do as long as it looks black, you must boil them in a little caldron, and put them in vinegar a week or two, and then they will be fit to eat.

To pickle Oysters.

Take your Oysters and pick them out of the shels, and save the liquor that cometh from them, then take your

your Oyſters one by one, and waſh them clean out of griſt, then ſtrain the liquor, and take a quantity of white Wine, and a large Mace or two, and two or three ſlices of Nutmeg, and Pepper groſly beaten, and ſalt them, boil it together, then put in your Oyſters and boil them, then take the yolk of an Egg, and beat it well with Wine Vinegar, then take up your Oyſters and let them cool, then put in your Egg, and let it boil, take it off, and let it cool, and put it up together.

To make Grout.

Take ſome Wheat and Bean, and when you have made it into Malt, then rittle it, then take ſome Water, or ſome ſmall Wort, and heat it ſcalding hot, and put it into a pail, then ſtir in the Malt, then take a piece of ſour leaven, and ſtir it about, and cover it, and let it ſtand till it will cream, then put in ſome

Orange

Orange pills, then put it over the fire and boil it, keeping it ſtirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces and pare them, cut them in water in little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of Sugar and half a quarter, then put it into the skillet, and put as much water as will make it pretty thin, then ſet it on the fire, and clarifie it with the white of an Egg, and ſcum it off clear, then put in your Quinces, and let it boil a pretty ſpace, and cover it cloſe till it be pretty thick, then leave ſtirring it till it is thick enough for Marmalet, and take it off, and put it in a glaſs, and do it with your Knife in little works, when you have done, let it ſtand,

your

your poſnet muſt boil all the while you muſt put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then ſtir it and weigh it, then take of loaf Sugar as much as it weighs, and boil it all together to a jelly, then pour it into your Marmalet glaſs, then put it in a ſtove, and put ſome fire in every day.

To make Jelly of Pippins.

Take Pippins, pare, quarter, and core them, lay them in water, and when you ſet them on the fire ſhift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, ſet them over the fire, and make them boil as faſt as you can, when the Apples are ſoft, and the liquor taſte ſtrong of the Apples, then take them off, and ſtrain them through a piece of Canvas gently, take to a pound of juice, a pound of

Sugar, then ſet it on the fire, when it is melted, ſtrain it into a Baſon, and rince your skillet again, ſet it on the fire, and when it is boiled up, then ſcum it, and make it boil as faſt as you can, and when it is almoſt boiled, put in the juice of three Lemons ſtrained through a cloth, if you will have Orange pill pare it thin, that the white be not ſeen, and then lay it in the water all night, then boil them in the water till the pill be ſoft, then cut them in long pieces, then put it into the Sirrup and ſtir it about, and fill your glaſſes, and let it ſtand till it be cold, and then it is ready to eat.

To preſerve green Walnuts.

Take Walnuts, and boil them till the water do taſte bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar,

Sugar, ſet them on the fire, and when they boil up take them off, and let them ſtand two dayes, and boil them again once more.

To preſerve white Quinces.

Take a pound of Quinces, boil them with the skins on, but core and pare them, take a quarter of a pound of Sugar, with water no more then will wet the Sugar, put the Quinces into it preſently, boil them as faſt as may be, and skin them, when the ſirrup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two ſpoonfuls of water, and put them on the fire, and ſtir them as you did the former.

To preſerve Rasberries.

Take as many as you pleaſe, a lay of Sugar, and a lay of Rasberries, and ſo lay them into the skiller, and

as much Sugar as you think wil make ſirrup enough, and boil them, and put two ſpoonfuls of water in, boſcom it, take it off, and let it ſtand.

To preſerve Currans.

Part them in the tops, lay a lane of Currans, and a lane of Sugar, and ſo boyl them as faſt as you do Raſberries, do not put in the ſpoon, but ſcum them, boil them till the ſirrup be pretty thick, then take them off, and let them ſtand till they be cold, and then put them into a glaſſe.

To perſerve Medlers.

Take the juſt weight of Sugar as they weigh, to a pound of Sugar put a pint and a half of water, ſcald them as long as the skin will come off, ſtone them at the head, put the water to the Sugar, and boil it, and ſtrain it, put in the Medlers, boil them apace, let them ſtand till they be thick, then take them off.

To preſerve Goosberries.

Take the faireſt Goosberries you can get with the ſtalks on, prick three or four holes in every one of them, then take the weight of them in Sugar, lay the beſt part of the Sugar in the bottom of a ſilver or peuter diſh, then lay your Goosberries one by one upon it, ſtrew ſome of the reſt of the Sugar upon them, and put two ſpoonfuls of the water into half a pound, then ſet the Goosberries on a chafing-diſh of Coales, and let them ſtand uncovered, ſcalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too faſt, when they be enough put them up, you muſt put the reſt of the Sugar on them as they boil, and that will harden them, and keep them from breaking.

To

To make Goosberry Cakes.

Prick as many Goosberries as you pleaſe, and put them into an earthen pitcher, and ſet it in a kettle of water, till they be ſoft, and then put them into a ſieve, and let them ſtand till all the juyce be out, and weigh the juice and as much Sugar as Sirrup, firſt boil the Sugar to a Candy and take it off, and put in the juyce, and ſet it on again till it be hot, and take it off, and ſet them in preſſe till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black thorn, then take Goosberries, and cut them a little a croſſe, take out the ſtones, put them upon the pricks, weigh as much Sugar as they weigh, and take a quart or a pint of water, and put into the Sugar, and let it boil a while, then put in the Hops, let them ſtand and ſcald two houres upon the coales till they

they be ſoft, then take out the Hops, and boil the ſirrup a while, then take it off, and put in the Hops.

To preſerve Apricocks.

Firſt ſtone them, and weigh them, and take as much Sugar as Apricocks, put it in a Baſon, ſome in the bottom, and ſome on the top, let them ſtand all night, ſet them on the fire till they be ſcalding hot, then heat them twice more.

To make Apricock cakes.

Take as many Apricocks as you pleaſe, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together, till they be pretty ſtiff, then take them off, and put them in ſaucers.

To make Mackeroons.

Take half a pound of Almonds,

put them in water, ſtamp them ſmall, put in ſome Roſe-water, a good ſpoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the Oven hot enough to bake a Cuſtard, put them in, when you have taken them out, let them ſtand till they be cold, they muſt be baked in earthen pans round, and buttered very thin.

How to preſerve white Damſons green.

Take white Damſons, ſcald them in water till they be hard, then take them off, and pick as many as you pleaſe, take as much Sugar as they weigh, ſtrew a little in the bottome, put two or three ſpoonfuls of water, then put in the Damſons and the Sugar, and boil them, take them off, then let them ſtand a day or two, then boil them again, take them off, and let them ſtand till they be cold.

How

How to preſerve Mulberries.

Take as many Mulberries as you pleaſe, and as much Sugar as they weigh; Firſt wet the Sugar with ſome juyce of Mulberries, ſtir your Sugar together, then put in your Mulberries, then boil them apace, till you think they are boiled enough, then take them off, and boil the ſirrup a while, and put it into the Mulberries, let them ſtand till they be cold.

To Preſerve Pippins white.

Take ſome Pippins and pare them, & cut them the croſs way and weigh them, and to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the core, take them off, and put them up.

To make white Quince Cakes.

Scald Quinces, and let them ſtand

till they be cold, but not ſeethed till they be tender enough, then take them off and pare them, then ſcrape off the ſofteſt, and do it through a ſieve, and then weigh as much Sugar as it doth weigh, and beat it and ſift it into the Quinces, and ſtir it all together, and ſet it on the coales and ſtir it about, but let it not boil at all, but let it ſtand and cool till it be pretty thick, then take it off, and put it in glaſſe ſaucers.

How to preſerve Grapes.

Stamp and ſtrain them, let it ſettle a while before you wet a pound of Sugar or Grapes with the juyce, ſtone the Grapes, ſave the liquor, in the ſtoning take off the ſtalks, give them a boiling, take them off, and put them up.

To preſerve Damſons.

Take as many as you pleaſe, and weigh as much Sugar as they weigh, and

and ſtrew ſome on the bottome, and ſome on the top, and you may wet the Sugar with ſome ſirrup of Damſons, or a little water, then ſet them on the fire, and let them ſtand and ſoak ſoftly about an hour, then take them off, and let them ſtand a day or two, then boil them up till you think they be enough, take them off, and put them up.

To make Cakes of Lemons or Violets.

Take of the fineſt double refined Sugar beaten very fine, and ſearced through fine Tiffony; and to half a ſilver porrenger of Sugar, put to it two ſpoonfuls of water, and boil it till it be almoſt Sugar again, then grate of the hardeſt rinded Lemon, then ſtir it into your Sugar, put it into your coffins of paper, and when they be cold take them off.

How

How to preſerve Quinces red.

Take your Quinces and weigh them, to a pound put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it ſtand, your Quinces muſt be ſcalded till they be tender, take them off, pare them, and core them, but not too much, then put them into the skillet where the Sugar is, then ſet them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and ſtop it cloſe.

So make Biſket-bread.

Take a pound and a half of white loaf-Sugar, and ſo much flour, as much Anniſe-ſeed, Coriander-ſeed, and Caraway-ſeed as you pleaſe, and twelve Eggs, three whites left out, take the Sugar and ſift it fine, and the flower alſo, and beat your Eggs a little, then mingle them well together, with four ſpoonfuls of

Damask

Damask Roſe-water, beat them well together, and put in two ſpoonfuls more, and beat it again about an hour and an half in all, then butter plate trenchers, and fit them with ſtuffe, ſcrape ſome Sugar on them, and blow it off again, heat your oven hot enough to bake a pie, and let the lid ſtand up a little while, to draw down the heat from the top, then take the lid down again, and let it ſtand till it be cold, that you may ſuffer your hand in the bottom, then ſet in the plates, and ſet up the lid again untill they riſe, then take them out, and looſe them from the plates, and ſcrape the bottoms, and let them ſtand four hours, then they be fit to eat.

How to preſerve Grapes to look clear and green.

Take a pound of Grapes with no ſtalks on them, when they do begin to be ripe, then weigh as much double

ble refined Sugar, beaten ſmall, then take the Grapes that were weighed, ſtone them at the place where the ſtalks are, pull off the skin, and ſtrain ſome Sugar, in the bottome of the thing you do them in, and ſo lay them in the Sugar you did weigh till you have ſton'd & peeled them, and ſo ſtrew the Sugar upon them, then ſet them on the fire and let them boil as faſt as can be, till the ſirrup be pretty thick, then take them off, and put them up until they be cold.

How to Candie Apricocks.

Take your Apricocks, the faireſt, and ſcald them, and peel them, between too cloaths, cruſh the water ſoftly out of them as dry as you can without too much flatting them, then take of ſearced Sugar almoſt as much as they weigh, and boil it all together to a candy height, then take it off the fire and lay the Apricocks

cocks in it one by one, with a feather annoint them over, then ſet them on a chafing-diſh of coals, and let them be through ſod, but not boil, then take them off the fire, and ſet it in a ſtove or blood-warm oven, and twice a day ſet them on a fire, and turn them once at every heating, annointing them with a feather, and the ſame Sirrup, every time you take them off the fire; this do until you ſee the Sirrup begin to ſparkle and be full of eyes, then take them out of the Sirrup and lay them on glaſs plates, and dry them in a Stove or Oven, turning them a day or two till they be dry; white Pear-plums may be done thus.

How to make Paſte of Goosberries, or Barberries, or Engliſh Currans.

Take any of theſe tender Fruits and boil them ſoftly on a chafing-diſh of coals, then ſtrain them with

with the pap of a roſted Apple, then take as much Sugar as it weighs, and boil it to a candy height, with as much Roſe-water as will melt the ſugar, then put in the pap of your fruit into the hot ſugar, and let it boil leiſurely, till you ſee it reaſonable ſtiff, almoſt as thick as for Marmalet, then faſhion it on a ſheet of glaſs, and ſo put it into the oven upon two billets, that the glaſs may not touch the bottome of the oven, for if it do it will make the paſte tough, and ſo let it dry leiſurely, and when it is dry you may box it and keep it all the year.

How to make Paſte of Oranges and Lemons.

Take your Oranges and Lemons, and ſet on the fire two veſſels of fair water at once, boil them, and then ſhift the water ſeven times that the bitterneſs may be taken from

from them, and they very tender, then cut them through the middeſt, and take out the kernels, and wring out all the water from them, then beat them in an Alablaſter mortar, with the paps of three or four Pippins, then ſtrain it through a fine ſtrainer, then take as much ſugar as that pap doth weigh, being boiled to a candie height, with as much Roſewater as will melt the ſugar, then put the pap of your Oranges and Lemons into the hot ſugar, and ſo let it boil leiſurely with ſtirring, and when you ſee it ſtiff, as for Manchet, then faſhion it on a ſheet of glaſs, and ſo ſet in a Stove or Oven, and when it is throughly dry, box it for all the year.

How to make Paſte Royal in Spice.

Take Sugar the quantity of four ounces, very finely beaten and ſearced, and put it into an ounce of Cinnamon and Ginger, and a grain of

of Musk, and ſo beat it into paſte, with a little Gum-dragon ſteeped in Roſe-water, and when you have beaten it into paſte in a ſtone mortar, then roul it thin, and print it with your moulders, then dry it before the fire, and when it is dry, box and keep it all the year.

How to Candy Peares, Plums, or Apricocks, that they ſhall look as clear as Amber.

Take your Apricocks and Plums, and give every one a cut to the ſtone in the notch, and then caſt Sugar on them, and bake them in an Oven as hot as for Manchet, cloſe ſtoped, bake them in an earthen platter, let them ſtand half an hour, then take them out of the diſh; and lay them one by one upon glaſs plates, and ſo dry them, if you can get glaſſes made like Marmalet Boxes to lay over them, they will be the ſooner candied:

candied: this is the manner to candie any ſuch Fruit.

How to make Paſte Royal white, that you may make Court-Bowls, Caps, Gloves, Shooes, or any pretty thing printed in Moulds.

Take half a pound of double refined Sugar, and beat it well and ſcarce it through a fine Lawn, then put it into a fine Alabaſter mortar, with a little Gum-dragon ſteeped in a little Roſe water, and one grain of Musk, ſo beat it in a mortar till it comes to a pretty paſte, then roul it thin with a rouling-pin, and print it with your moulders like Gloves, Shooes, or any thing elſe, and ſome you may roul very thin with a rouling-pin and let it dry in an aſhen diſh, otherwiſe called a Court Cup, and let it ſtand in the diſh till it be dry, and it will be like a ſaucer, you muſt dry them on a board far from the fire,

fire, but you muſt not put them in an Oven: they will be dry in two or three hours, and be as white as ſnow, then you may guild Box and Cap.

How to make fine Diet-bread.

Take a pound of fine Flower twice or thrice dreſt, and one pound and a quarter of fine Sugar finely beaten, and take ſeven new laid Eggs, and put away the yolks of one of them, and beat them very well, and put four or five ſpoonfuls of Roſe-water amongſt them, and then put them in an Alablaſter or Marble mortar, and then put in the flower and Sugar by degrees, and beat it or pound it for the ſpace of two hours, untill it be perfectly white, and then put in an ounce of Carraway-ſeed, then butter your plates or ſaucers, and put into every one, and ſo put them into the Oven; if you will have it gloſs and Ice on the top

top you muſt waſh it with a feather, and then ſtrew Sugar very finely beaten on the top, before you put it into the Oven.

How to preſerve Apricocks.

Take your Apricocks and put them into a skillet of fair water, and put them over the fire untill they be ſomething tender, then take them up out of the water, and take a bodkin and thruſt out the ſtone at the top, and then peel off their skins, and when you have done, put them into a ſilver diſh, or baſon, and lay Sugar very finely beaten over and under them, then put a ſpoonful or two of water unto them, and ſet them over a very ſoft fire untill they be ready, then take them up, and lay them into another diſh a cooling, and if you ſee good, boil the firrup a little more, when they are cold, and the firrup almoſt cold, put them up into a gally-pot or glaſs together.

How

How to preſerve Damſons.

Take a pound or ſomething more of pure Sugar finely beaten, and then take a pound of Damſons, and cut a ſcotch in the ſide of each of them, and put a row of ſugar on a ſilver-diſh or Baſon, and then lay in a row of Plums, and then cover it with Sugar, and ſo lay it in till they be all in, and then take two ſpoonfuls of clean water, and make a hole in the middle of them, and ſet it over a ſoft fire, and look to it carefully, for fear the Sugar ſhould burn, and when the Sugar is all diſſolved, ſhake them together, and ſtir them gently, and then ſet them down and cover them till they be cold, and when they be cold, ſet them upon the coals again, and then let them boil gently till they be ready, and when they are ready, take them down, and take them every one by its ſtem, and cover them with the skins as well as you can, and

and then put them all one by one in a diſh, and if the Sirrup be not boiled enough, ſet it over and let it boil a little longer, and when the Plums be cold, put them in a gally-pot or glaſs, and pour the Sirrup to them while it is a little warm, you muſt not forget to take away the skin of the Plums as it riſeth.

How to make Pap of Barly.

Take Barly and boil it in fair water ſoftly untill it begin to break, then put that liquor out, then put as much hot liquor to it as you put forth, and ſo let it boil till it be very ſoft, then put it into a Cullender and ſtrain it, then take a hand ful of Almonds, and grind them very well with your Barly and ſome of the liquor, ſo ſeaſon it with Sugar, and a little Roſe-water, a little whole Mace, and Cinnamon, and boil them well together.

How

How to Candie Lemons and Oranges.

Take the peels of your Oranges and Lemons, the white cut away, and lay them in water five or six dayes shifting them twice every day, then seeth them till they be very tender, then take them out of the water, and let them lie till they be cold, then cut them in small pieces square, the bigness of a penny or less, then take to every three two ounces of sugar, put to it a quantity of fair water and a less quantity of Rose-water, and make a sirrup thereof, then scum it very clean, and put in your peels, and let them boil for the space of an hour, or longer, if you find your liquor wanting you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it alwayes for burning, then take it off the fire three or four times, stirring them all the

he while, and ſet them on again ntill they be candied.

How to make Cakes of Almonds.

Take one pound and a half of ine flower, of ſugar twelve ounces eaten very fine, mingle them well ogether, then take half a pound of Almonds, Blanch them, and grind hem fine in a mortar, then ſtrain hem with as much Sack as will mingle the Flower, Sugar, and Almonds together, make a paſte, bake hem in an Oven not too hot.

How to make white Lemon Cakes.

Take half a dozen of white Lemons the beſt you can get, then cut nd pare them, leave none of the yelow behind, then take away the our meat of it, and reſerve all the hite, and lay it in water two dayes, hen ſeeth it in fair water till it be oft, then take it out & ſet it by till the ater be gone from it, then weigh it

and take twice the weight in Sugar, mince the white ſtuffe very fine, then take an earthen pipkin, and put therein ſome fair water, and ſome Roſe-water, if you have a pound of Sugar, you muſt have half a pint of water, of both ſorts a like, let your water and Sugar boil together, then skum it, and put in the ſtuff, and ſo let them boil together, alway ſtirring it till it be thick, it will ſhew very thin, and when it is cold it will be thick enough.

To make Oyle of Violets.

Set the Violets in Sallade oyle, and ſtrain them, then put in other freſh Violets, and let them lie twenty daies, then ſtrain them again, and put in other freſh Violets, and let them ſtand all the year.

To preſerve Pomecitrons.

Take Pomecitrons and grate off the upper skin, then ſlightly cut them

them in pieces as you think good, lay them in water four and twenty hours, then ſet over a poſnet with fair water, and when it boils, put them in, and ſo ſhift till you finde the water to be not bitter, then take them up and weigh them, and to every pound of Pomecitron put a pound and a quarter of Sugar, then take of your laſt water a pint and quarter, ſet your water and Sugar over the fire, then take two whites of Eggs and beat them with a little fair water, and when your ſirrup begins to boil, caſt in the ſame that riſeth from the Eggs, and ſo let it boil, then let it run through a clean fine cloth, then put it in a clean Poſnet, and when your ſirrup begins to boil, put in your Pomecitron, and let it boil ſoftly three or four hours, untill you finde your ſirrup thick enough, be ſure you keep them alwayes under ſirrup, and

never turn them, take them up and put them into your glaſſe, and when they be cold cover them.

To Candie Ringus Roots.

Take your Ringus Roots and boil them reaſonable tender, then peel them and pith them, then lay them together, then take ſo much Sugar as they weigh, aud pnt it into a poſnet with as much Roſe-water as will melt it, then put in your Roots, and ſo let it boil very ſoftly untill the Sugar be conſumed into the Roots, then take them and turn them, and ſhake them till the Sugar be dried up, and then lay them a drying upon a Lettice of wyer untill they be cold; in like ſort you may candy any other Roots, which you pleaſe.

To candie all kind of Fruitrages, as Oranges, Lemons, Citrons, Lettice-ſtocks, the Sugar-candy, ſuch as the Comfet-makers do candy the Fruits with.

Take one pound of refined Sugar, and put it into a poſnet with as much water as will wet it, and ſo boil it till it come to a Candy height, then take all your fruit being preſerved and dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour they will be finely candied.

To candy all kind of Flowers in wayes of Spaniſh Candy.

Take double refined Sugar, put it into a poſnet with as much Roſe-water as will melt it, and put into it the pap of half a roaſted Apple, and a grain of Musk, then let it boil till it come to a Candy height, then put in your flowers, being

pick'd, and ſo let it boil, then caſt them on a fine plate, and cut it in waves with your knife, then you may ſpot it with gold and keep it.

To make Eſſings.

Take one peck of Oatmeal grout, the greateſt you can get, and the whiteſt, pick it clean from the black, and ſearce out all the ſmalleſt, then take as much evenings milk as will cover it, and ſomething more, boil it, and cool it again till it be blood warm, then put it to the Oatmeal, and let it ſoak all night, the next morning ſtrain it from your milk as dry as you can through a cloath, then take three pints of good Cream, boil it with a Mace, and the yolks of eight Eggs, when it is boiled put it into your ſtuff, then put in ſix Eggs more, whites and yolks, ſeaſon it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leſſe

a leſſe quantity of Cloves, and Mace, put in as much Sugar as you think will ſweeten it, have a good ſtore of Suet, ſhred ſmall, and forget not Salt, ſo boil them.

To make Sugar Cakes.

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take ſeven or eight yolks of Eggs, and if your Flower be good take one white or two as you ſhall think good, take two Cloves, and a pretty piece of Cinnamon, and lay it in a ſpoonful of Roſe-water all night, and heat it almoſt blood-warm, temper it with the reſt of your ſtuff, when the Paſte is made, make it up with as much haſte as you can, bake them in a ſoft oven.

To make a Calfs-foot Pie.

Take your Calfs Feet, boil

them and blanch them, then boil them again till they be tender, then take out all the bones, ſeaſon it with Cloves, Mace, Ginger, and Cinnamon, as much as you ſhall think good, then put in a good quantity of Currans and Butter, bake your Pie in a ſoft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolks of Eggs, and put to the coals, ſeaſon it with Sugar, and a little Roſe-water, alwayes ſtirring it, then put it into your Pie and let it ſtand half a quarter of a hour.

How to make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take ſo much Wardens in quantity pared and cored, half a pound of Raiſins of the Sun ſtoned, mince all theſe together, and ſeaſon it with Cinnamon and Ginger, and when the

Pie

Pie is baked, put in a little Roſe-water, and ſcrape Sugar on it, if you put in Butter, then put in a handful of grated bread.

To make Simbals.

Take fine Flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will make it paſte, and put in a little Roſe-water, then put in a quantity of Coriander-ſeed, and Anniſe-ſeed, then mould it up in that faſhion you will bake it in.

How to preſerve Angelica roots.

Take the Roots and waſh them, then ſlice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and ſet them in the embers all night, in the morning put away the water, then take a pound of roots, four pints of water, and two pound of Sugar, let it boil and ſcum it clean,

then put in the roots, it will be boiled before the ſirrup, then take them up, and boil the ſirrup after, they wil ask yon a whole daies work for they muſt boil very ſoftly; at St *Andrews* time it is the beſt time to do them in all the year.

To boil a Capon with Brewis.

Take a Capon and truſſe him to boil, ſet him on the fire in a good quantity of water, ſcum it very clean, before you ſet on your Capon, put a little winter Savoury and Thyme into the belly of it, and a little Salt, and groſs Pepper, when you have ſcummed it clean, cover it cloſe to boil, then take a good handful of Hearbs, as Marigolds, Violet leaves, or any ſuch green hearbs as you ſhall think fit, waſh them, and ſet them on the fire with ſome of the uppermoſt of the broth that boiles the Capon, then put into it good

ſtore

ſtore of Mace, and boil it with the Capon, when the Hearbs be boiled and the broth very green, and almoſt conſumed away, take the uppermoſt of your Capon, and ſtrain it together, and ſcald your Brewis, and put it into a diſh, and lay the Capon on them.

To make a Spice Cake.

Take one Buſhel of Flower, ſix pound of Butter, eight pound of Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolks, two whites, take the Milk and Cream, and ſtir it all the time that it boiles, put your Butter into a Baſon, and put your hot ſeething Milk to it, and melt all the Butter in it, and when it is bloud-warm, temper the Cake, put not your Currans in till you have made the paſte, you muſt

muſt have ſome Ale-Yeſt, and forget not Salt.

To make broth for a Neats Tongue.

Take Claret Wine, grated Bread, Currans, ſweet Butter, Sugar, Cinnamon, Ginger, boil them all together, then take the Neats-tongue, and ſlice it, and lay it in a diſh upon ſippets, and ſo ſerve it.

To ſouce a Capon or Gurnet.

Take fair Water and Vinegar, ſo that it many be ſharp, then take Parſly, Thyme, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your fiſh, and when it is well boiled, put the broth into a veſſell, and let it ſtand.

To make a fine Pudding.

Take Crums of white Bread, and ſo much fine Flower, then take the yolks of four Eggs, and one white,

white, a good quantity of Sugar, take ſo much good Cream as will temper it as thick as you would make Pancake batter, then butter your pan, and bake it, ſo ſerve it, caſting ſome Sugar upon it, you muſt ſhred Suet very ſmall, and put into it.

To make a broth to drink.

Take a Chicken, and a little of the neck of Mutton, and ſet them on, and ſcum it well, then put in a large Mace, and ſo let it boil while the Chicken be tender, then take the Chicken out, and beat it all to pieces in a ſtone mortar, and put it in again, and ſo let it boil from four pints to a little more then half a pint, then caſt it through a ſtrainer, and ſeaſon it.

To boil a Chicken, Partridge, or Pyton.

Take your Chicken and ſet it boiling with a little of the neck of Mut-

Mutton, and ſcum it well, then put in a Mace, and ſo let it boil down, and when it is almoſt boiled, have ſome few Hearbs parboiled, as Lettice, Endive, Spinage, Marigold-leaves; for note, theſe Hearbs are uſually uſed to be boiled, which by courſe will hold their colour in boiling, and put ſome of theſe aforeſaid hearbs to the Chicken and Mutton, if you think your broth ſtrong enough, take out your Mutton, then you may put a little piece of ſweet Butter, and a little Verjuice, and a very little Sugar, and Salt, ſo ſerve it in with ſippits.

A broth to drink.

Take a Chicken, and ſet it on, and when it boils ſcum it, then put in a Mace, and a very little Oatmeal, and ſuch Hearbs as the party requires, and boil it well down, and bruiſe the Chicken, and put it in again, and it is a pretty broth; and to alter

alter it, you may put in half a dozen Prunes, and leave out the heaibs, or put them in, ſo when it is well boiled ſtrain it, and ſeaſon it.

A broth to eat on faſting dayes.

Take fair water and ſet it a boiling, and when it boileth, put to it ſo much ſtrained Oatmeal, as you think will thicken it, and a large Mace, a handful of Raiſins of the Sun, as many Prunes, and as many Currans, if your quantity require it, ſo boil it, and when it is boiled, ſeaſon it with Salt and Sugar, and a piece of ſweet Butter, if the time will allow it, and for an alteration, when this broth is boiled, put in a quantity of Cream, and it will do well.

To make Ponado.

The quantity you will make ſet on in a poſnet of fair water, when it boils, put a Mace in, and a little piece of

of Cinnamon, and a handful of Currans, and ſo much bread as you think meet, ſo boil it, and ſeaſon it with Salt, Sugar, and Roſe-water, and ſo ſerve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and ſet it on the fire, and when it is ready to boil, ſcum it very well, then caſt in a large Mace, and take the yolks of two Eggs, for one meſs, or one draught, and beat them well, and take away the skin of the yolks, and then put them into the Ale, when it ſeetheth, be ſure to ſtir them well till it ſeeth again for a youngling, then let it boil a while, and put in your Sugar, and if it be to eat, cut three or four toaſts of bread thin, and toaſt them dry, but not brown, and put them to the Caudle, if to drink, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then ſtrain them through a linnen cloth, boil them with Roſe-water, whole Mace, and Anniſe-ſeeds, till the ſubſtance be thick, ſpread it upon a fair cloth, draining the whay from it, after let it hang in the ſame cloth ſome few hours, then ſtrain it, and ſeaſon it with Roſe-water and Sugar.

To ſtew Beef.

Take a good Rump of Beef cut from the bones, ſhred Turnips and Carrots ſmall, and Spinage, and Lettice, put all in a pan, and let it ſtew four hours with ſo much water, and a quart of white Wine, as will cover it, when it is ſtewed enough, then put in a wine glaſs full of Elder Vinegar, and ſerve it in with ſippets.

To

To ſouce a young Pig.

Take a young Pig being ſcalded, boil it in fair Water, and white Wine, put thereto Bay-leaves, whole Ginger, and Nutmeg quartered, a few whole Cloves, boil it throughly, and leave it in the ſame broth in an earthen pot.

To boil Flounders, or Pickrels after the French faſhion.

Take a pint of white Wine, the tops of young Thyme and Roſemary, a little whole Mace, a little whole Pepper, ſeaſoned with Verjuyce, Salt, and a piece of ſweet Butter, and ſo ſerve it; this broth will ſerve to boil Fiſh twice or thrice in, or four times.

To make fleſh of Apricocks.

Take Apricocks when they are green, and pare them, and ſlice them, and take half their weight in Sugar, put it to them, ſo put them in a skillet, and as much water as you think

think will melt the Sugar, ſo let them boil, and keep them ſtirring till they be tender, and ſo take them off, and ſcum them very clean, ſo put them forth of the skillet, and let them ſtand, take as much ſugar as you had before, and boil them to a Candie height, and then put in your Apricocks, and ſet them over a ſoft fire, but let them not boil, ſo keep them with oft ſtirring, till the ſirrup begin to jelly, then put them in glaſſes, and keep them for your uſe.

To make fleſh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfs, boil then in a thin ſirrup, till they be tender, then take them off, and let them lie in ſirrup, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and

and then ſtrain out the liquor clean from them, and take unto a pint of that liquor a pound of Sugar; put as much water to the Sugar, as will melt it, then boil it to a Candie height, then ſtir the Quinces that are in the ſirrup as thin as you can, when your Sugar is at a full Candie height, put in a pint of the liquor, then ſet it over a ſoft fire, ſtirring it leiſurely till the Sugar be diſſolved, then put in halfe a pound of your ſlices, keeping it ſtill ſtirring, but not to boil, you muſt take the jelly of Quince kernels that have lain in water two or three hours, take two good ſpoonfuls of it, and put it to the fleſh to keep it ſtirring leiſurely till it begin to jelly upon the ſpoon, then put it into thin glaſſes, & keep it in a ſtove.

To preſerve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind

ind, and inward white skin off, take
ice of Oranges, put them into the
ice, boil them half an hour, and
ke them off.

To dry Cherries.

Take the faireſt Cherries, ſtone
em, take to ſix pound of Cherries
pound of Sugar, put them into a
killet, ſtraining the Sugar among
em, as you put them in, then put as
uch water to them as will boil
em, then ſet them upon a quick
re, let them boil up, then take them
f, and ſtrain them very clean, put
em into an earthen pan or pot, let
em ſtand in the liquor four dayes,
en take them up and lay them ſe-
erally one by one upon ſilver or
rthen diſhes, ſet them into an oven
ter the bread is taken out, and ſo
ift them every day upon dry di-
es, and ſo till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, ſtone them, take to four pound of Peaches, a pound of Sugar, then take a gally-pot, and lay a lair of Peaches, and a lair of Sugar, till all be laid out, then put in half a pint of water, ſo cover them cloſe, and ſet them in embers to keep warm, ſo let them ſtand a night and a day, put them in a skillet, and ſet them on the fire to be ſcalding hot, then put them into your pot again, and let them ſtand four and twenty houres, then ſcald them again, then take them out of your ſirrup, and lay them on ſilver diſhes to dry, you may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you muſt turn them every day into clear diſhes.

To boil Veal.

Take Veal and cut it in thin ſlices, and

and put it into a Pipkin with as much water as will cover it, then wash a handful of Currans, and as much Prunes, then take a Court roul, and cut it in long slices like a Butchers skiver, then put in a little Mace, Pepper and Salt, a piece of Butter, and a little Vinegar, some crums of bread, and when it hath stewed two hours, take it up, and serve it.

To boil a Capon in white broth.

Truſſe a Capon to boil, and put it into a pipkin of water, and let it boile two houres, and when it is boiled, take up a little of the broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then ſet it by the fire to keep warm, ſeaſon it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on it with a little ſack, if you have it, garniſh it with ſippets, and ſerve it, remember

remember to boil whole Mace with your Capon, and Marrow if you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very ſmall, putting in ſometimes ſome of your broth to keep them from oyling, when they are beaten ſmall enough, put as much of the upermoſt broth to them as will ſerve to cover the Capon, then ſtrain it, and wring out the ſubſtance clear, then ſeaſon it as before, and ſerve it with marrow on it.

How to boil Brawn.

Water your Brawn four and twenty hours, waſh and ſcrape it four or five times, then take it out of the water, and lay it on a fair table, then throw a handful of Salt on every Coller, then bind them up as faſt as you

you can with Hemp, Baſes, or incle, then put them into your kettle when the water boileth, and when it boileth ſcum it clean, let it boil until it be ſo tender that you may thruſt a ſtraw through it, then let it cool unſill the next morning; by the ſouced meats you may know how to ſouce it.

How to boil a Gammon of Bacon.

Water your Gammon of Bacon twenty four hours, then put it into a deep kettle, with ſome ſweet hay, let it boil ſoftly ſix or ſeven hours, then take it off with a ſcummer and a plate, and take off the skin whole, then ſtick your Gammon full of Cloves, ſtrew on ſome groſs Pepper, then cut your skin like ſippets, and garniſh your Gammon, and when you ſerve it, ſtick it with Bayes.

How to boil a Rabbet.

Fley and waſh a Rabbet, and ſlit

the hinder legs on both sides of the back bone, from the forward, and truſſe them to the body, ſet the head right up with a skiver, right down in the neck, then put it to boiling with as much water as will cover it, when it boils ſcum it, ſeaſon it with Mace, Ginger, Salt and Butter, then take a handful of Parſly, and a little Thyme, boil it by it ſelf, then take it up, beat it with the back of a knife, then take up your Rabbet, and put it in a diſh, then put your hearbs to your broth, and ſcrape in a Carret root, ſet your broth boil a little while, put in Salt, pour it on your Rabbet, and ſerve it.

How to boil a Mallard with a Cabbage.

Half roaſt your Fowl, then take it off, and caſe it down, then put it into a Pipkin with the gravy, then pick and waſh ſome Cabbage, and put to

your Mallard, with as much fair water as will cover it, then put in a good piece of Butter, and let it boil an hour, ſeaſon it with Pepper and Salt, and ſerve it upon ſops.

How to boil a Duck with Turnips.

Half roaſt her, then cover her with liquor, boil your Turnips by themſelves half an hour, then cut them in Cakes, and put them to your Duck with Butter and Parſly chopt ſmall, when it hath boiled half an hour, ſeaſon it with Pepper and Salt, and ſerve them upon ſops.

How to boil Chickens, and Sorrel Sops.

Truſſe your Chickens, and boil them in water and Salt very tender, then take a good handful of Sorrel, and beat it ſtalks and all, then ſtrain it, and take a Manchet, and cut it in ſippets and dry them before the fire, then put your green broth upon the

coals, ſeaſon it with Sugar, and grated Nutmeg, and let it ſtand untill it be hot, then put your ſippets into a diſh, put your Chickens upon them, and pour ſauce upon it, and ſerve it.

How to boil a Pike in white broth.

Cut your Pike in three pieces, and boil it with water and Salt, and ſweet hearbs, let it boil untill it ſtrain, then take the yolks of half a dozen Eggs, and beat them with a little Sack, Sugar, melted butter, and ſome of the Pikes broth, then put it on the fire to keep it warm, but ſtir it often leſt it curdle, then take up your Pike, and put the head and tail together, then cleave the other pieces in two, take out the back bone, and put the one piece on the one ſide, and the other piece on the other ſide, but blanch all, then pour on your white broth, garniſh your diſh with ſippets and boiled Parſly, and ſtrew on pouder

of

of Ginger, and wipe the edge of the dish round, and serve it.

How to boil divers kinds of Fishes.

Bat, Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boil any of these with Water, Salt, and sweet herbs, when they boil scum it very clean, then put in Vinegar, and let it boil till you think it is enough, your liquor must be very hot of the Salt, then take it off, you may let it stand five or six daies in the liquor, then if you would keep it longer, pour that liquor away, and put water and Salt to it, or soucing drink; you must remember to let your Mullets boil softly, and your Thronback, and other Fish very fast, you must blanch your Thronback while it is warm, and when you serve any of these Fishes, stew on some green herbs.

How to make a Sallet of all manner of Hearbs.

Take your hearbs, and pick them clean, and the flowers, wash them clean, and swing them in a strainer, then put them into a dish, and mingle them with Cowcumbers, and Lemons sliced very thin, then scrape on Sugar, and put in Vinegar and Oil, then spread the flowers on the top, garnish your dish with hard Eggs, and all sorts of your flowers, scrape on Sugar, and serve it.

How to stew Steaks between two dishes.

You must put Parsly, Currans, Butter, Verjuice, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together, and serve them upon sops; likewise you may do steaks of Mutton or Beef.

How to ſtew Calfes Feet.

Boil them and blanch them, cut them in two, and put them into a Pipkin with ſtrong broth, then put in a little pouder of Saffron, and ſweet Butter, Pepper, Sugar, and ſome ſweet hearbs finely minced, let them ſtew an hour, put in Salt, and ſerve them.

How to ſtew a Mallard.

Roaſt your Mallard half enough, then take it up, and cut it in little pieces, then put it into a diſh with the gravy, and a peice of freſh Butter, and a handful of Parſly chopt ſmall, with two or three Onions, and a Cabbage-Lettice, let them ſtew one hour, then ſeaſon it with Pepper, and Salt, and a litttle Verjuyce, then ſerve it.

How to ſtew Trouts.

Draw your Trouts, and waſh them, and then put them into a diſh with white Wine, and Water, and a

piece of freſh Butter, then take a handful of Parſley, a little Thyme, and a little Savory, mince theſe ſmall, and put to your Trouts with a little Sugar, let them ſtew half an hour, then mingle the yolks of two or three hard Eggs, and ſtrew them on your Trouts, with Pepper and Salt, then let them ſtew a quarter of an hour, and ſerve them.

How to ſtew Smelts or Flounders.

Put your Smelts or Flounders into a deep diſh, with white Wine and Water, a little Roſemary and Thyme, a piece of freſh Butter, and ſome large Mace, and Salt, let them ſtew half an hour, then take a handful of Parſley, and boil it, then beat it with the back of a knife, then take the yolks of three or four Eggs, and beat them with ſome of your Fiſh broth, then diſh up your Fiſh upon ſippets, pour on your ſauce, ſcrape on Sugar, and ſerve it.

How

How to ſtew a Rabbet.

Half roaſt it, then take it off the ſpit, and cut it in little pieces, and put it into a diſh with the gravy, and as much liquor as will cover it, then put in a piece of freſh Butter, and ſome pouder of Ginger, ſome Pepper and Salt, two or three Pippins minced ſmall, let theſe ſtew an hour, then diſh them upon ſippets.

How to ſtew a Pullet or Capon.

Half roaſt it, then cut it into pieces, put it into a diſh with the gravy, and put in a litttle Cloves and Mace, with a few Barberries or Grapes, put theſe to your Pullet with a pint of Claret, and a piece of Butter, let theſe ſtew an hour, diſh them upon ſippets, and ſerve it.

How to ſtew cold Chickens.

Cut them in pieces, put them into a Pipkin of ſtrong broth, and a piece of Butter, then grate ſome

bread, and a Nutmeg, thicken your broth with it, ſeaſon your meat with groſſe Pepper, and Salt, diſh it upon ſippets, and ſerve it.

How to make Paſte for a Paſty of Veniſon.

Take almoſt a peck of Flower, wet it with two pound of Butter, and as much Suet, then wet your Paſty, put in the yolks of eight or ten Egs, make reaſonable lithe paſte, then roul it out and lay on Suet; Firſt lay a paper under your paſte, then lay on your Veniſon, cloſe it, pink it, baſte it with Butter, and bake it, when you draw it out, baſte it with Butter again.

How to make Paſte for a Pie to keep long.

Your Flower muſt be of Rye, and your liquor nothing but boiling water, make your paſte as ſtiff as you can, raiſe your Coffin very high, let your bottome and ſides be very thick, and your lid alſo. *How*

How to make Paſte for a Cuſtard.

Your liquor muſt be boiling water, make your paſte very ſtiff, then roul out your paſte, and if you would make a great Tart, then raiſe it, and when you have done cut out the bottome a little from the ſide, then roul out a thin ſheet of paſte, lay paper under it, ſtrew Flower that it may not ſtick to it, then ſet your coffin on it, of what faſhion you will, then dry it, and fill it, and bake it.

How to make Paſte for buttered Loaves.

Take a pottle of Flower, put thereto Ginger and Nutmegs, then wet it with Milk, yolks of Eggs, Yeſt and Salt, then make it up into little loaves, then butter a paper, and put the loaves on it, then bake them, and when they are baked draw them forth, and cut them in Cakes, butter them, then ſet them as they were,

ſcrape

ſcrape on Sugar, and ſerve them.

How to make Paſte for Dumplings.

Seaſon your Flower with Pepper, Salt, and Yeſt, let your water be more then warm, then make them up like Manchets, but let them be ſomewhat little, then put them into your water when it boileth, and let them boil an hour, then Butter them.

To make Puffe-paſte.

Take a quart of flower, and a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paſte, then work it in a piece of a foot long, then ſtrew a little flower on the table, and take it by the end, beat it untill it ſtretch long, then put the two ends together, and beat it again, and ſo do five or ſix times, then

then work it up round, and roul it out broad, then beat your pound of Butter with a Rouling-pin, that it may be lithe, then take little bits of your Butter, and ſtick it all over the paſte, then fold up your paſte cloſe, and coaſt it down with your roul-ing-pin, and roul it out again, and ſo do five or ſix times, then uſe it as you will.

To bake a Gammon of Bacon.

You muſt firſt boil it two hours before you ſtuffe it, ſtuff it with ſweet hearbs, and hard Eggs, chopt together with Parſley

To bake Fillets of Beef, or clods, inſtead of red Deer.

Firſt take your Beef, and lard it very thick, then ſeaſon it with Pep-per, Salt, Ginger, Cloves and Mace good ſtore, with a great deal more Pepper and Salt than you would do to a piece of Veniſon, then cloſe it, and when it is baked, put in ſome

Vine-

Vinegar, Sugar, Cinnamon, and Ginger, and ſhake it well, then ſtop the vent hole, and let it ſtand three weeks before you ſpend it.

How to bake Calfes Feet.

Seaſon them with pepper, ſalt, and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce, or Vinegar, Sugar, and grated Nutmeg, put it into your *Pie*, ſcrape on ſugar, and ſerve it.

How to bake a Turkey.

Take out his bones and guts, then waſh him, then prick his back together again, then parboil him, ſeaſon him with Pepper and Salt, ſtick ſome Cloves in the breſt of him, then lard him, and put him into your coffin, with butter; in this ſort you may bake a Gooſe, *Pheaſant*, or Capon.

To

To bake a Hare.

Take out his bones, and beat the fleſh in a mortar with the Liver, then ſeaſon it with all ſorts of ſpices, then work it up with three or four yolks of Eggs, then lay ſome of it all over the bottome of the Pie, then lay on ſome Lard, and ſo do until you have laid on all, then bake it well with good ſtore of ſweet Butter.

To bake Quinces or Wardens, ſo as the fruit look red, and the cruſt white.

Your Wardens muſt be ſtewed in a Pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a ſheet of paſte, and let it ſtand in the oven five or ſix hours, then raiſe a Coffin of ſhort paſte, put in your Wardens with Sugar, and put it into the Oven, when it hath ſtood an hour, take it out and waſh it with Roſe-water

Water and Butter, then ſcrape on ſugar, and put it in a quarter of an hour more, and it will be red upon the top, then ſcrape on ſugar and ſerve it.

To bake Chucks of Veale.

Parboil two pound of the lean fleſh of a leg of Veal, mince it as ſmall as grated bread, with four pound of Beef Suet, then ſeaſon it with Biskay Dates, and Carrawayes, and ſome Roſe-water, Sugar, Raiſins of the Sun, and Currans, Cloves, Mace, Nutmeg, and Cinnamon, then mingle them all together, fill your Pies and bake them.

To bake a Chicken Pie.

Seaſon your Chicken with Nutmeg, Salt, Pepper, and Sugar, then put him into your Coffin, then take ſome Marrow and ſeaſon with the ſame Spice, then roul it in yolks of Eggs, and lay it on your Chicken, with

with minced Dates, and good ſtore of Butter, then bake it, and put in it a little Sack, or Muskadine, or white Wine and Sugar, then ſhake it, ſcrape on Sugar, and ſerve it.

How to bake a Steake Pie.

Cut a neck of Mutton in ſteaks, beat them with a cleaver, ſeaſon them with Pepper, and Salt, and Nutmeg, then lay them on your coffin with Butter and large Mace, then bake it, then take a good quantity of Parſly, and boil it, beat it as ſoft as the pulp of an Apple, put in a quarer of a pint of Vinegar, and as much white Wine, with a little Sugar, warm it well, and pour it over your ſteaks, then ſhake it, that the gravy and the liquor may mingle together, ſcrape on ſugar, and ſerve it.

To make an Italian Pudding.

Take a Manchet, and cut it in ſquare

ſquare pieces like a Die, then put to it half a pound of Beef ſuet minced ſmall, Raiſins of the Sun the ſtones picked out, Cloves, Mace, minced Dates, Sugar, Marrow, Roſe-water, Eggs, and Cream, mingle all theſe together, and put it into a diſh fit for your ſtuff, in leſs then an hour it will be baked, then ſcrape on ſugar, and ſerve it.

How to bake a Florentine.

Take the kidney of a Loin of Veal, or the wing of a Capon, or the leg of a Rabbet, mince any of theſe ſmall with the Kidney of a loin of Mutton, if it be not fat enough, then ſeaſon it with Cloves, Mace, Nutmeg, and Sugar, Cream, Currans, Eggs, and Roſe-water, mingle theſe four together, and put them into a diſh between two ſheets of paſte, then cloſe it, and cut the paſte round by the brim of the diſh, then cut it round about

bout like Virginal keyes, then turn up one, and let the other lie; then pink it, cake it, ſcrape on ſugar, and ſerve it.

To roaſt a Breaſt of Veal.

Take Parſly, and Thyme, waſh them, and chop them ſmall, then take the yolks of five or ſix Eggs, grated bread, and Cream, mingle them together, with Cloves, Mace, Nutmeg, Currans, and Sugar, then raiſe up the skin of the Breaſt of Veal, and put in your ſtuffe, prick it up cloſe with a skiver, then roaſt it, and baſte it with butter, when it is roaſted, wring on the juice of Lemon, and ſerve it.

To roaſt a Hare.

Caſe your Hare, but cut not off her eares, nor her leggs, then waſh her, and dry her with a cloth, then make a pudding and put into her belly, then ſow it up cloſe, then truſſe

truſſe her as if ſhe were running, then ſpit her, then take ſome Claret Wine and grated bread, Sugar, and Ginger, Barberries, and Butter, boil theſe together for your ſauce.

To roaſt a Shoulder of Mutton.

Roaſt it with a quick fire, that the fat may drop away, and when you think it is half roaſted, ſet a diſh under it, and ſlaſh it with a knife a-croſſe, as you do Pork, but you muſt cut it down to the bone on both the ſides, till the gravy run into the diſh, baſte it no more after you have cut it, put unto the gravie half a pint of white Wine Vinegar, a handful of Capers and Olives, five or ſix blades of Mace, and a handful of Sugar, and ſtew all theſe together, and pour it on your meat.

To roaſt a Neats-tongue.

Boil him, and blanch him, cut out

out the meate at the butt end, and mingle it with *Beef* ſuet as much as an Egg, then ſeaſon it with Nutmeg, and Sugar, Dates, Currans, and yolks of raw Eggs, then put your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roaſt it, baſte it with buttei, ſave the gravy, and put thereto a little Sack or Muskadine, let it ſtew a little while, then pour it on your Tougue, and ſerve it.

How to roaſt a Pig with a Pudding in his belly.

Eley a Fat Pig, truſſe his head looking over his back, then temper as much ſtuffe as yon think will fill his belly, then put it into your Pig, and prick it up cloſe, when it is almoſt roaſted, wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and waſh your Pig all over, mingle

mingle your bread with a little Nutmeg, and Ginger, then dry it and take it up as faſt as you can, let your ſauce be Vinegar, Butter, and Sugar, the yolks of a hard Egg minced, and ſerve it hot.

How to roaſt a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thruſt in ſlices of Kidney ſuet, and ſtick it with Cloves, roaſt it with a quick fire, when it is half roaſted, cut off a piece underneath, and cut it into thin ſlices, then take a pint of great Oyſters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, ſtew theſe till the liquor be half conſumed, then diſh up your Mutton, pour on the ſauce, and ſerve it.

How to roaſt a Neck of Mutton.

Cut away the ſwag, and roaſt it with a quick fire, but ſcorch it not, baſte

baſte it with Butter a quarter of an hour, after wring on the juyce of half a Lemon, ſave the gravie, then baſte it with Butter again, wring on the other half of the Lemon, when it is roaſted, dry it with Manchet, and grated Nutmeg, then diſh it, and pour on your ſauce.

To roaſt a Shoulder or Haunch of Veniſon, or a Chine of Mutton.

Take any of the Meats and lard them, prick them with Roſemary, baſte them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, grated bread, Roſemary, and Butter, let all theſe boil together until it be as thick as water-gruel, then put in a little Roſe-water and Muſk, it will make your Gallentine taſte very pleaſantly, put it on a fitting diſh, draw off your meat, and lay it into that diſh, ſtrew it with ſalt.

To roaſt a Shoulder, or Fillet of Veal.

Take Parſly, winter Savory, and Thyme, mince theſe ſmall with hard Eggs, ſeaſon it with Nutmeg, Pepper, Currans, work theſe together with raw yolks of Eggs, then ſtuffe your meat with this, roaſt it with a quick fire, baſte it with *Butter*, when it is roaſted, take the gravy and put thereto Vinegar, Sugar, and *Butter*, let it boil, when your meat is roaſted, pour this ſauce on it, and ſerve it.

To roaſt a Gigget of Mutton.

Take your Gigget, with Cloves and Roſemary, and lard it, roaſt it, baſte it with *Butter*, and ſave the gravie, put thereto ſome Claret Wine, with a handful of Capers, ſeaſon it with Ginger and Sugar, when it is boiled well, diſh up your Gigget, and pour on your ſauce.

To

To fry a Chicken.

Boil your Chickens in water and ſalt, then quarter them into a pan with ſweet Butter, and let them fry leiſurely, then put thereto a little Verjuyce, and Nutmeg, Cinnamon and Ginger, the yolks of two or three raw Eggs, ſtir theſe well together, and diſh up your Chickens, pour the ſauce upon them.

How to fry Calfes Feet.

Boil them, and blanch them, then cut them in two, then take good ſtore of *Parſly*, put thereto ſome yolks of Eggs, ſeaſon it with Nutmeg, Sugar, *Pepper*, and Salt, then roul your Calfes-Feet in them, and fry them with ſweet Butter, then boil ſome *Parſly*, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then diſh up your Feet upon ſippets, pour on your ſauce, ſcrape on ſome Sugar, and ſerve it hot.

How to fry Tongues.

Boil them, and blanch them, cut them in thin ſlices, ſeaſon them with Nutmeg, Sugar, Cinnamon, and Salt, then put thereto the yolks of raw Eggs, the core of a Lemon cut in ſquare pieces like a Die, then fry them in ſpoonfuls with ſweet Butter, let your ſauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, ſcrape on Sugar, and ſerve it.

How to make Fritters.

Make your Batter with Ale, Eggs, and Yeſt, ſeaſon it with Milk, Cloves, Mace, Cinnamon, Nutmeg, and Salt, cut your Apples like beanes, then put your Apples and Batter together, fry them in boiling Lard, ſtrew on Sugar, and ſerve them.

To ſouce Brawn.

Take up your Brawn while it be hot

hot out of your boiler, then cover it with Salt, when it hath ſtood an hour, turn the end that was under upward, then ſtrew on Salt upon that, then boil your ſoucing drink, and put thereto a good deal of Salt, when it is cold, put in your Brawn with the Salt that is about it, and let it ſtand ten daies, then change your ſoucing drink, and as you change it put in Salt, when you ſpend it, if it be too ſalt, change it in freſh drink.

To ſouce a Pig.

Cut off the head, and cut your Pig into two ſleikes, and take out the bones, then take a handful of ſweet Hearbs, and mince them ſmall, then ſeaſon your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then ſtrew your Hearbs in the inſide of your Pig, then roul them up like two Collers of Brawn, then bind them in a

cloth faſt, then put them a boiling in the boiling pot, put in ſome Vinegar and Salt, when they are boiled very tender, take them off, let them ſtand in the ſame liquor two or three dayes, then put them into ſoucing drink, and ſerve it with Muſtard and Sugar.

How to ſouce Eeles.

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good ſtore of Parſly, Thyme, and ſweet Marjoram, mince them ſmall, ſeaſon them with Nutmeg, Ginger, Pepper, and Salt, ſtrew your hearbs in the inſide of your Eeles, then roul them up like a Coller of Brawn, put them into a cloth, and boil them tender with Salt and Vinegar, when they are boiled, then take them up, let it be in the pickle two or three dayes, and then ſpend them.

How

How to ſouce a Breaſt of Veal.

Take out the bones of a Breaſt of Veal, and lay it in water ten or twelve hours, then take all manner of ſweet hearbs, and mince them ſmall, then take a Lemon, and cut it in thin ſlices, then lay it with your Hearbs in the inſide of your Breaſt of Veale, then roul it up like a Coller, and bind it in a cloth, and boil it very tender, then put it into ſoucing drink, and ſpend it.

To ſouce a Tench a Barbell.

Firſt cut them down the back, then waſh them, then put them a boiling in no more water than will cover them, when they boyle, put in ſome Salt and Vinegar, ſcum it very clean, when it is boiled enough take it up, and put it into a diſh fit for the fiſh, then take out the bones, pour on as much liquor as will cover it, with grated Nut-

meg, and pouder of Cinnamon, when it is cold ſerve it.

To ſouce a Fillet of Veale.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, ſeaſon it with Nutmeg, Gingar, Pepper, and Salt, then roul it up hard, let your liqour be the one half white Wine, the other half Water, when your liquor boileth put in your meat, with Salt, and Vinegar, and the pill of a Lemon, then ſcum it very clean, let it boil until it be tender, then take it not up untill it be cold, and ſouce it in the ſame liquor.

To marble Beef, Mutton, or Veniſon.

Stick any of theſe with Roſemary and Cloves, then roaſt it, being firſt jointed very well, then baſte it often with Water and Salt, and when it is throughly roaſted, take it up

up and let it cool, then take Claret Wine, and Vinegar, and as much Water, boil it with Roſemary, Bayes, good ſtore of Pepper, Cloves, Salt, when it hath boiled an hour, take it off, and let it cool, then put your meat into a Veſſel, and cover it with this liquor and Hearbs, then ſtop it up cloſe, the cloſer you ſtop it, the longer it will keep.

To marble Fiſh.

Take Flounders, Trouts, Smelts, or Salmons, Mullets, Makrels, or any kind of ſhell Fiſh, waſh them and dry them with a cloth, then fry them with Sallade Oyl, or clarified Butter, fry them very criſpe, then make your pickle with Claret Wine and fair Water, ſome Roſemary, and Thyme, with Nutmegs cut in ſlices, and Pepper, and Salt, when it hath boiled half an huor take it off, and let it cool, then put

your Fiſh into a veſſel, cover it with liquor and ſpice, and ſtop it cloſe.

How to make a Tart *of Wardens.*

You muſt firſt bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart, with Sugar, Cinnamon and Ginger, then cloſe up your Tart, and when it is almoſt baked, do it as your Warden Pie, ſcrape on Sugar, and ſerve it.

To make a Tart of green Peaſe.

Take green Peaſe and ſeeth them tender, then pour them out into a Cullender, ſeaſon them with Saffron, ſalt, and ſweet Butter, and Sugar, then cloſe it, then bake it almoſt an hour, then draw it forth, and ice it, put in a little Verjuice, and ſhake it well, then ſcrape on Sugar, and ſerve it.

How to make a Tart of Rice.

Boil you Rice, and pour it into a cul-

a cullender, then ſeaſon it with Cinnamon, Nutmeg, Ginger, Pepper, and Sugar, the yolks of three or four Eggs, then put it into your Tart with the juyce of one Orange, then cloſe it, bake it, and ice it, ſcrape on Sugar, and ſerve it.

How to make a Tart *of Medlers.*

Take Medlers that are rotten, then ſcrape them, then ſet them upon a Chafing-diſh of coals, ſeaſon them with the yolks of Eggs, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paſte, ſcrape on Sugar and ſerve it.

How to make a Tart *of Cherries.*

Take out the ſtones, and lay the Cherries into your Tart, with *Sugar*, Ginger, and Cinnamon, then cloſe your Tart, bake it, and ice it, then make a ſirrup of Muskadine, and Damask water, and pour this into your Tart, ſcrape on *Sugar*, and ſerve it.

How to make a Tart of Strawberries.

Waſh your Strawberries, and put them into your Tart, ſeaſon them with Sugar, Cinnamon, Ginger, and a little red Wine, then cloſe it, and bake it half an hour, ice it, ſcrape on Sugar, and ſerve it.

To make a Tart of Hips.

Take Hips, and cut them, and take out the ſeeds very clean, then waſh them, ſeaſon them with Sugar, Cinnamon, and Ginger, then cloſe your Tart, bake it, ice it, ſcrape on Sugar, and ſerve it.

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then ſtew them with Claret Wine, Cinnamon, and Ginger, let them ſtew half an hour, then pour them out into a cullender, but break them not, when they are cold, lay them

them one by one into the Tart, then lay on Sugar, bake it, ice it, ſcrape on Sugar, and ſerve it.

How to ſcald Milk after the Weſtren faſhion.

When you bring your Milk from the Cow, ſtrain it into an earthen pan, and let it ſtand two hours, then ſet it over the fire untill it begin to heave in the middle, then take it off, but jog it as little as you can, then put it into a room where it may cool, and no duſt fall into it, this Milk or Cream you may keep two or three dayes.

To make a Junket.

Take Ewes or Goats Milk, if you have neither of theſe, then take Cowes Milk, and put it over the fire to warn, then put in a little Runnet to it, then pour it out into a diſh and let it cool, then ſtrew on

on Cinnamon, and Sugar, then take some of your aforesaid Cream and lay on it, scrape on Sugar, and serve it.

To make Eony-Clutter.

Take Milk, and put it into a clean earthen pot, and put thereto Runnet, let it stand two dayes, it will be all in a curd, then season it with some Sugar, Cinnamon, and Cream, then serve it, this is best in the hottest of the summer.

To make a Whitepot.

Take a quart of Cream, and put it over the fire to boil, season it with Sugar, Nutmeg, and Cinnamon, Sack, and Rose-water, the yolks of seven or eight Eggs, beat your Eggs with Sack and Rose-water, then put it into your Cream, stir it that it curdle not, then pare two or three Pippins, core and quarter them, and boil them with a handful of Raisins

of

of the *Sun*, boil them tender, and pour them into a cullender, then cut ſome ſippets very thin, and lay ſome of them in the bottome of the diſh, and lay on half your Apples, and Currans, then pour in half your Milk, then lay on more ſippets and the reſt of your Apples and Raiſins, then pour on the reſt of your Milk, bake it, ſcrape on *Sugar*, and ſerve it.

How to make a Pudding in haſte.

Take a pint of Milk, and put thereto a handful of Raiſins of the *Sunne*, and as many Currans, and a piece of Butter, then grate a Manchet, and a Nutmeg alſo, and put thereto a little Flower, when your milk boileth put in your bread, let it boil a quarter of an hour, and put in a piece of Butter in the boiling of it, and ſtir it alwaies, then diſh it up, pour on butter, and ſerve it.

To make a Pudding in a diſh.

Take a quart of Cream, put thereto a pound of Beef ſuet minced ſmall, put it to your Milk, ſeaſon it with Nutmeg, Sugar, and Roſe-water, and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets, and grate them, and put unto it, then mingle theſe together well, then put it into a diſh, and bake it, when it is baked, ſcrape on Sugar, and ſerve it.

To boil Cream.

Take a quart of Cream, and ſet it a boiling with Mace, whilſt your Cream is boiling, cut ſome thin ſippets, then take ſeven or eight yolks of Eggs, beat them with Roſe-water, and Sugar, and a little of your Cream, when your Cream boileth take

take it off the fire, and put in your Eggs, and ſtir it very faſt that it curdle not, then put your ſippets into the diſh, pour in your Cream, and let it cool, when it is cold ſcrape on Sugar, and ſerve it.

To draw Butter.

Take your Butter and cut it into thin ſlices, put it into a diſh, then put it upon the coals where it may melt leiſurely, ſtir it often, and when it is melted, put in two or three ſpoonfuls of Water, or Vinegar, which you will, then ſtir and beat it until it be thick.

Lady of Arundels *Manchet.*

Take a buſhel of fine Wheat flower, twenty Eggs, three pound of freſh butter, then take as much Salt and Barm, as to the ordinary Manchet

chet, temper it together with new milk pretty hot, then let it lie the ſpace of half an hour to riſe, ſo you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and ſalt, take a handful of Parſly, as much Thyme ſtript, two ſpoonfuls of Capers minced altogether, and boil it in a pint of the ſaid liquor a quarter of an hour, then put in two or three ſpoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to it a little Butter, when you have taken it off the fire, ſtir this altogether, and pour it upon the Pigeons, with ſippets round the diſh.

A Florentine

A Florentine of Sweet Bread or Kidnies.

Parboil three or four Kidnies, and mince them ſmall, ſeaſon them with Nutmeg, one ſtick of Cinnamon, beat as much Sugar as will ſweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond paſte, a glaſs of Mallego Sack, two ſpoonfuls of Roſe-water, a grain of Musk, and one grain of Ambergriece, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in puffe-paſte, and bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, ſeaſon it with Nutmeg, and Pepper, and Salt, bake

bake it five hours in a high round Pie.

A Chicken Pie.

Scald and ſeaſon your Chickens with Nutmegs, as much Sugar as Cinnamon, Pepper and Salt, then put them into your Pie, then put three quarters of quartered Lettice, and ſix Dates quartered, and a handful of Goosberries, and half a ſliced Lemon, and three or four branches of Barberries, and a little Butter, you may uſe to four Chickens three marrow bones roul'd in yolks of Eggs, and Ringo-roots, and ſome preſerved Lettice, make a caudle and put in when the Pie comes out of the oven, an hour and a half is enough to ſtand in the oven.

A Lamb Pie.

Take the ſame Ingredients you did

did for the Chickens Pie, only leave out the Marrow, the Ringo-roots and the preſerved Lettice, make your caudle of white Wine, Verjuyce and Butter, put it in when your Pie comes out of the oven.

Sauce for a Shoulder of Mutton.

Take a ſpoonful of Hearbs, and as may Capers, half a pint of white Wine, half a Nutmeg, and two Eggs, when it is boiled put a piece of Butter to the gravy, when it is boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four ſweet-breads of Veal, parboil and mince them very ſmall, then take the curd of a quart of Milk, turned with three Eggs, half a pound of Almonds paſte, and a penny loaf grated, mingle

gle theſe together, then take a ſpoonful of ſweet hearbs, minced very ſmall, alſo ſix ounces of Oringado and mince it, then ſeaſon all this with a quartern of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three ſpoonfuls of Roſe-water, three or four Marrow-bones, mingle all theſe together, except the Marrow, then make it up in long holes about the bigneſs of an Egg, and in every hole put a good piece of marrow, put theſe into the Pie, then put in a quarter of a pound of Butter, and half a ſliced Lemon, then make a caudle of white Wine, Sugar, and Verjuice, put it in when you take your Pie out of the Oven, you may uſe a grain of Musk and Ambergriece.

An Oyſter Pie.

Seaſon your Oyſters with Nutmegs, Pepper, and Salt, and ſweet Hearbs, your Oyſters being firſt thrown into ſcalding water and parboiled, ſeaſon them, and put them into the Pie, put two or three blades of Mace, and half a ſliced Lemon, and the Marrow of two bones rouled in the yolks of Eggs, and ſome butter, then let your Pie ſtand almoſt an hour in the Oven, then make a caudle of Verjuyce, Butter, and Sugar, put it into your Pie, when you take it out of the oven, you may uſe two Nutmegs to one quart of Oyſters, and as much Pepper as the quantity of three Nutmegs, but leſs ſalt, and one ſpoonful of ſweet Hearbs.

A Hartchoak

A Hartecoak Pie.

Take the bottoms of boiled Hartechoaks, and quarter them, and take the meat from the leaves, ſeaſon it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pie, and boil'd Marrow rould in yolks of Eggs, and ſix blades of large Mace, a Lemon ſliced, ſix quartered Dates, and a quarter of a pound of Riugo-roots, half a pound of freſh butter, then let it ſtand in the Oven an hour, and when you take it out put a caudle into your Pie, made of white Wine, Sugar, and Verjuyce.

A Calfes foot Pie.

Mince your Calfs foot very ſmall, then ſeaſon them with two Nutmegs, and three quarters of an ounce

ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon pills minced, ten Dates minced, three ſpoonfuls of Roſe-water, and half a pound of freſh Butter, bake it an hour, and put a caudle into it, made of white Wine, Sugar, and Verjuyce.

A Skerret Pie.

Take a quarter of a peck of Skerrets blanched, and ſliced, ſeaſon them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo-roots, and preſerved Lettice, ſliced Lemon; four blades of Mace, three or four branches of preſerved Barberries, and half a pound of butter; then let it ſtand one hour in the Oven

Oven, then put a caudle made of white Wine, Verjuyce, Butter and Sugar, put it into the Pie when it comes out of the oven.

A Calfes-head Pie for Supper.

Boil your Calfes-Head almoſt enough, cut it in thin ſlices all from the bone, ſeaſon it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is ſeaſoning, then take a ſpoonful of ſweet Hearbs minced ſmall, and two ſpoonfuls of Sugar, and two or three Hartechoak bottoms boiled, and cut them in thin ſlices, and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo-roots, and a quarter of a pound of Currans; then put it into your Pie, and put a quarter of a pound of Butter, and a ſliced Lemon, three or four blades of Mace,

Mace, three or four quartered Dates, let it ſtand an hour and more in the oven, then when you take it out, put into it a caudle, made of Sugar, white Wine, Verjuyce and Butter.

A Lark Pie.

Take three dozen of Larks, ſeaſon them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lumber Pie meat, and fill their bellies if you will, if not, take half a pound of Suet, and one pound of Mutton minced, half a pound of Raiſins of the ſun, and ſix Apples minced altogether very ſmall, then ſeaſon it with a Nutmeg, Pepper and Salt, and one ſpoonful of ſweet Hearbs, and a Lemon peel minced, one penny loaf grated, a quarter of a pint of cream, two or three ſpoonfuls of Roſe-water, three ſpoonfuls

of Sugar, one or two ſpoonfuls of Verjuyce, then make this in boles, and put it in their bellies, and put your Larks in your Pie, then put your Marrow rould in yolks of Egs upon the Larks, and large Mace, and ſliced Lemon, and freſh Butter, let it ſtand in the oven an hour, when you take it out, make your caudle of Butter, Sugar, and white Wine Vinegar, put it into the Pie.

A hot Neats-tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it into thin pieces, ſeaſon it with a Nutmeg, and a quarter of an ounce of Pepper and as much Salt as ſeaſoning, then take ſix ounces of Currans, ſeaſon all together, and put it into the Pie, then put a Lemon ſliced, and Dates and Butter, then bake it, and let it ſtand an hour and a half, then

make

make a Caudle of white Wine, and Verjuyce, Sugar, and Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Your tongue being boiled, blanched, and larded with Pork or Bacon, season it with the same ingredients the Deer hath, that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together, and half an ounce of Pepper, beat your spice all together, more salt then seasoning, and likewise lay in the liquor, bake it two hours, but put one pound of butter in your Pie before you lid it.

A Potato Pie for Supper.

Take three pound of boiled and blanched Potatoes, and three Nutmegs, and half an ounce of Cinna-

mon beaten together, and three ounces of Sugar, ſeaſon your Potatoes, and put them in your Pie, then take the marrow of three bones rouled in yolks of Eggs, and ſliced Lemon, and Large Mace, and half a pound of butter, ſix Dates quartered, put this into your Pie, and let it ſtand an hour in the oven, then make a ſharp caudle of Butter, Sugar, Verjuyce, and white Wine, put it in when you take your Pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper and more Salt, then ſeaſon your Pigeons, or Rabbet, and take two Nutmegs grated with your ſeaſoning, then lay your Rabbet in the Pie, and one pound of Butter, if you heat the Pie hot, then put in two or three ſlices of Lemon, and two or three blades of Mace, and as many quantities of

currie

Barberries, and a good piece of freſh butter melted, then take it and let it ſtand an hour and half, but put not in the freſh butter till it comes out of the oven.

To make a Puffe-Paſte.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and ſquare, then take ſo much Butter as paſte, and lay it in rank, and divide your butter in five pieces, that you may lay it on at five ſeveral times, roul your paſte very broad, and take one part of the ſame Butter in little pieces all over your paſte, then throw a handful of flower ſlightly on, then fold up your paſte, and beat it with a rouling-pin, ſo roul it out again, thus do five times and make it up.

A Pudding.

Take a quart of Cream, and two Eggs, beat them, and ſtrain them into the Cream, and grate in a Nutmeg and half, take ſix ſpoonfuls of flower, beat half a pound of Almonds with ſome cream, and put it into the cream, and mix this together, boil your Pudding an hour and no more, firſt flower the bag you put it in, then melt freſh butter, and take Sugar and Roſe-water, beat it thick, and pour it on the pudding, you may put to a little Milk, and ſtick blanched Almonds and Wafers in it; add to the ſame pudding, if you will, a penny loaf grated, a quartern of Sugar, two Marrow bones, one glaſs of Mallego Sack, ſix Dates minced, a grain of Ambergriece, a grain of Musk, two or three ſpoonfuls of Roſe-water, bake the pudding in little wood diſhes,

dishes, but first butter them, your Marrow must be stuck to and again, then bake it half an hour, five or seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch, and sliced Lemon, set four round, and one in the top.

Frigasie of Veal.

Cut your Meat in thin slices, beat it well with a rouling pin, season it with Nutmeg, Lemon and Thyme, fry it slightly in a pan, beat two Eggs, and one spoonful of Verjuyce, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices, season it with Nutmeg, Pepper, and

Salt, mince some Thyme, and Lemon, and throw it upon your meat, then frie it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the pan, also a handful of Goosberries, shake it together and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin and feathers off together, cut them into thin slices, season them with Thyme and Lemon minced, Nutmeg and Salt, a handful of Sorrel minced, then fry it well with six spoonfuls of water, and some fresh butter, when its tender, take three spoonfuls of Verjuyce, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another

Another Frigaſie of Chickens.

Take the former ingredients, and add to it boiled Hartechoaks bottomes, with the meat of the leaves, and a handful of boiled Goosberries, and boiled Skarets, and Lettice toſs'd in butter when they are boiled, and two ſpoonfuls of Sugar, two Eggs, and Verjuyce beaten together, and lay your Lettice upon your Chickens as before, and ſliced Lemon upon it, and ſippets upon the diſh.

A Frigaſie of Rabbets.

Cut your Rabbets in ſmall pieces, and mince a handful of Thyme and Parſly together, and a Nutmeg, Pepper and Salt, ſeaſon your Rabbets, then take two Eggs, and verjuyce beaten together, and throw it in the pan, ſtick it, and diſh it up in ſippets.

To harſh a ſhoulder of Mutton.

Half roaſt your Mutton at a quick fire, cut it in thin ſlices, ſtew it with Gravy, ſweet Marjoram, and Capers and Onions, three Anchovies, two Oyſters, half a Nutmeg, half a ſliced Lemon, ſtir this all together with the meat, let it ſtew till it be tender in a diſh, then break three or four yolks of Eggs, and throw it in the diſh with ſome butter, toſs it wel together, and diſh it with ſippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almonds paſte, two pound of Butter, and one pint of Cream, three ſpoonfuls of Roſe-water, three quarters of a pound of Sugar, half a pint of Sack, a quarter of a pint of Yeſt,

Yeſt, and ſix Eggs, ſo make it, and bake it.

To make a Leg of Mutton three or four diſhes.

Take a Leg of Mutton, cut out the fleſh and the bone, but ſave the skin whole, divide the meat in three pieces, and take the tendereſt, and cut it in thin ſlices, and beat it with a rouling-pin, ſeaſon it with Nutmeg, Pepper and Salt, and mince Thyme and Lemon pill, fry it till it be tender, then beat two Eggs with a ſpoonful of Verjuyce, throw two Anchovies into the pan, ſhake it all together, and put it into the diſh with ſippets round the diſh, being dreſt with Barberries ſcalded, Parſly and hard Eggs minced.

Another part of the ſame meat ſtew in a diſh, with a little white Wine, a little butter, and ſliced Lemon, one Anchovy, two Oyſters,

two

two blades of Mace, a little Thyme in a branch, and one whole Onion, take out the Thyme and the Onion when it is ſtewed, do it altogether on a chafing-diſh of coals till it be tender, then diſh it, garniſh your diſh with hard Eggs, and Barberries, and ſliced Lemon, and ſippets round the diſh.

Take another part of the ſame meat, mince it ſmall with Beef ſuet, and a handful of Sage, two three quarters of a pound of ſuet, adde one pound of meat, you may uſe a ſpoonful of Pepper and Salt, mix this altogether, and ſtuffe the skin of the Leg of Mutton, hard skiver it cloſe, and ſpit it at a quick fire, and well roaſt it in an hour.

Take another part of the ſame meat, then put in the Pepper and Salt, with a grated Nutmeg, ſome ſweet Hearbs, and a Lemon peel minced, a penny loaf grated, one

ſpoonful

ſpoonful of Sugar, a quarter of a pound of Raiſins, and a quartern of Currans, minced altogether with the meat and the Suet, and the reſt of the ingredients, put to two ſpoonfuls of Roſe-water, and as much Salt as Spice, then make it up in little long boles or rouls, and butter your diſh, and lay them in with a round bole in the middeſt, ſet them in an oven half an hour, then pour out the liquor which will be in the diſh, and melt a little Butter, Verjuyce, and Sugar, and pour upon it, garniſh your diſh, ſtick in every long roul a flower of paſte, and a branch in the middle.

To ſouce an Eele.

Scouce your Eele with a handful of Salt, ſplit it down the back, take out the chine bone, ſeaſon the Eele with Nutmeg, Pepper and Salt, and

and ſweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boil it in Water, and Salt, and Vinegar, and a blade or two of Mace, and half a ſliced Lemon, boil it half an hour, keep it in the ſame liquor two or three daies, then cut it out in round pieces, and lay ſix or ſeven in a diſh, with Parſly and Barberries, and ſerve it with Vinegar in ſaucers.

To ſouce a Calfs-Head.

Boil your Calfes-Head in water and Salt, ſo much as will cover it, then put in half a pint of Vinegar, a branch of ſweet hearbs, a ſliced Lemon, and half a pint of white Wine, two or three blades of Mace, and one ounce or two of Ginger ſliced, boil it all together till it be tender, keep it in the liqour two or three

three dayes, ſerve it, the diſh upright, and ſtick a branch in the mouth, and in both the eyes, garniſh the diſh with Jelly of pickled Cowcumbers, with ſaucers of Vinegar, and Jelly, and Lemon minced.

A ſtewed Rabbit.

Cut your Rabbet in pieces, and ſeaſon it with Pepper, and Salt, Thyme, Parſly, winter Savoury, and ſweet Marjoram, three Apples, and three Onions minced all together, ſtew it till it be tender with Vinegar, and water, put a good piece of butter in, ſtir it together in your Diſh, put ſippets in the bottom, then ſerve it up with the head in the middle of the diſh, with ſippets in the mouth.

Lay your Pig in the ſame ingredients you did for your Calfs-head, uſe the ſame for a Capon, and the ſame for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in Water, and Salt, and Wine Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of Skerrets boiled and blanched, when the Chickens and these things are stewed, take a pint of liquor up, and put to a quarter of white wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece of butter, and lay them in the dish, and pour it on.

To boil a Rabbet.

Boil them in Water and Salt, mince Thyme and Parsly together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of Verjuyce, a piece of Irish butter, two or three Eggs, stir the Eggs together in the liquor,

set

ſet it upon the fire till it be thick, then pour it upon the Rabbet, ſo ſerve it in.

To *boil a Duck.*

Half roaſt your Duck with a quick fire, take as much Wine and Water as will cover them, take ſome Thyme and Parſly, and one hand-ful of ſweet Marjoram, two blades of Mace, half a Lemon ſliced, ſtew theſe together half an hour without Onions, take ſome of your liquor and thicken it with three or four Eggs, two or three ſpoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lie upon it, diſh your Duck, and boil three or four ſlices of Lemon by it ſelf, and hard Eggs minced, put this upon your Duck, then pour your liquor upon it with Barberries, ſo you may boil Pigeons with the ſame ingredients, or Plover, or Teale.

A roasted Shoulder of Mutton.

When it is roasted, slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mixed all together, boil them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and sippets round the dish, throw first Sale on the meat, then the hard Eggs, and sliced Lemon and Barberries.

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